

## Canteen Notes—Term 2 and 3 2016

The canteen aims to provide a healthy selection of lunches at value for money prices. We aim to offer food to suit a variety of tastes whilst following nutritional guidelines. We are also guided by the Department of Education and Training Healthy Food and Drink and Traffic Light policies.

Phillipa is the Canteen Manager and the canteen is open three days a week on a Monday, Wednesday and Friday. The canteen would not operate without the help of volunteers. Help is always appreciated from parents, carers, grandparents etc. The children do love coming to see you during school time. If you wish to volunteer simply come to the canteen and put your name on the roster. Even if you can only help once per term it is still very helpful. To my very loyal long term volunteers, thank you very much :-)



### Ordering:

Orders need to be placed at the canteen window by 9.00am using the printed lunch bags provided. Pre-orders can be made for a subsequent day. A locked letterbox is provided in the kindy area for parents of those children to leave their lunch orders before 9.00am.

Please ensure the students name and classroom number are on the lunch bag.

All lunch orders are delivered to the classrooms at lunch.

Friday is a very busy day so please be patient when ordering. Feel free to order on Monday or Wednesday for Friday if that will save you time.

Recess items are available from the canteen at 10.50am and icy treats starting at 20 cents are available after the children have eaten their lunch at 12.40pm.



## BULL CREEK PRIMARY SCHOOL

### CANTEEN WINTER MENU 2016



Open 8.30am-1.10pm Monday, Wednesday and Friday

## Recess Menu

### Handmade in canteen

Aussie Pizza—with pizza sauce, low fat cheese & lean ham 	\$1.40
Warm Milo	\$1.00
Popcorn	\$1.00
Red Rock Honey Soy Chicken Chips	\$1.20
Vege Chips—BBQ flavour	\$1.20
Corntos—cheese flavour	\$0.80
Mamee Noodle snacks—chicken or BBQ	\$0.60
Icy Pops - mini frozen milk and juice on sticks  small/lg	\$0.20/\$0.50
Fresh Fruit (including a springy slinky)	\$1.00

### ICY LUNCH TIME TREATS .....

Icy Pops also available at lunch time

Moosies available at lunch time (various flavours)

\$1.20

Other selected ice-creams as available



## Everyday Items

### TUMMY FILLERS:-

Lasagne	\$4.00	Macaroni Cheese	\$4.00
Pizza cheese and bacon	\$3.00	Pizza Hawaiian	\$3.00
Pizza vegetarian	\$3.00	Corn Cob	\$1.00



### SANDWICHES, toasting available:-

Cheese	\$3.00	Chicken	\$3.50
Ham	\$3.20	Vegetarian	\$2.00



**\*Wholemeal bread is used unless white is specified\***

Add 20c for Lettuce, Tomato, Cucumber or Carrot

Add 40c for Cheese, Wrap or Roll

Add 60c for Avocado

### FOCACCIAS—HOT AND TASTY:-



Ham and Cheese	\$4.80	Chicken and Cheese	\$5.00
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Add 20c for Tomato

**\*\*We only use lean ham and diced chicken breast\*\***

Add 60c for Avocado

Add 30c for Pineapple

**SALAD TUBS:-  \$4.50 with Cheese \$5.00**

Lettuce, Tomato, Cucumber, Carrot & Egg with a fruit garnish

**- With Chicken or Ham \$5.50**

Add 60c for Avocado



## Daily Specials

### MONDAY....

<b>3 Party pie combo</b> with pop top flavoured milk & sauce sachet	\$4.50
<b>Spaghetti and meatballs</b> (with a light sprinkling of cheese,  served in foil container with lid) 	\$4.50
<b>Nachos</b> (lightly salted corn chips, salsa, low fat cheese)  with chicken 	\$3.50 \$4.00

### WEDNESDAY....

<b>Meatball Sub</b> (hot dog roll with meatballs & pasta sauce with a light sprinkling of cheese on top, served warm)  ½	\$4.50 \$3.00
<b>Chicken Sub Combo</b> (hot dog roll with diced chicken breast & mayo and a light sprinkling of cheese, served warm with a juice box) 	\$5.00

**Happy Hawaiian Burger** (crumbed chicken patty, cheese slice, lettuce, pineapple ring and mayonnaise)  \$4.50

### FRIDAY....

Party Pie	\$1.00	Sausage Roll	\$3.00
Meat Pie	\$3.50	Potato topped Pie	\$3.50

Chicken/Beef Noodle Cup \$3.00      Sauce sachet \$0.30

5 Chicken breast nuggets and 8 potato gems \$3.50

### DRINKS .....

300ml Brownes milk (4 flavours)	\$2.00
250ml LOL Sparkling fruit juice	\$2.00
250ml Fruit Juice box (3 flavours)	\$1.50
600ml Water	\$1.50

