



Sandwiches/ Rolls (white or wholemeal)		Snack Food	
Buttered bread or roll (G) (V)	1.50	Hard boiled egg (G)	1.00
Vegemite (V)	3.00	Carrot or cucumber sticks (G) (V)	.50
Cheese (G) (V)	3.50	Rice Crackers (G)	1.00
Egg (G) (V)	4.00	Popcorn (low salt or cheese) (G)	1.50
Tuna (G)	4.50	Cheese & Crackers (G) (V)	2.50
Chicken (G) (H)	4.50	Chips (A)	1.50
Ham (G)	4.50	JJ Crackers (Pizza, Chicken or Salt & Vinegar) (A)	1.50
Salad (lettuce, tomato, carrot, beetroot, cucumber) (G) (V)	5.50	Gingerbread Men (A)	1.80
Ham & Salad (G)	6.50	Cookie - Choc Chip (A)	2.00
Tuna & Salad (G)	6.50	Fruit and Fruit Snacks	
Chicken & Salad (G) (H)	6.50	Apples/ Oranges/ Bananas (Seasonal) (G)	1.00
Egg & salad (G) (V)	6.00	Dried Apricots (G) each	.10
Extras		Banana Chips (G) per scoop	.05
Tomato (G)	.40	Sultana (G) per scoop	.10
Lettuce (G)	.40	Drinks	
Carrot (G)	.40	Pure Spring Water (G)	1.50
Beetroot (G)	.40	Big M (Choc. or Strawberry) (G)	2.00
Cucumber (G)	.40	Quench (Cola, Apple & Raspberry, Orange, Lemon & Lime) (A)	2.00
Cheese (G)	1.00	Just Juice (Apple, Orange, Apple / Blackcurrant or Paradise Punch) (A)	1.50
Hot rolls (G)	.30	Frozen Items	
Egg (G)	1.00	Orange quarters (G)	.25
Mayonnaise	.25	Watermelon slice (terms 1 & 4 only) (G)	1.00
French Dressing	.25	Pineapple slice (G)	1.00
Salad Platters		Banana Pops (G)	.50
Salad (lettuce, carrot, tomato, beetroot, cucumber, cheese, egg & mayo) (G) (V)	7.50	Bag of grapes (G)	1.00
Ham & Salad (G)	8.50	Orange or Apple fruit juice cups (T1 & 4 only)	1.50
Chicken & Salad (G) (H)	9.00	Yoghurt (Raspberry, Strawberry) (A)	2.00
Tuna & Salad (G)	9.00	Paddle Pop (Choc., Rainbow or Banana) (A)	1.50
Hot Foods		Paddle Pop Twist (Lemonade)	1.00
Corn on Cob – steamed (G) (V)	1.00	Paddle Pop Choc Shaky Shake (A)	2.00
Pizza Singles – Margherita (G) (V)	3.50	Calippo Minis (Rasp-Pine) (A)	.80
Lasagne (G) (H)	4.00	Frozen Just Juice (A)	1.50
Cheese & Spinach Pastry (V) (G)	4.00	Slushie / Slurpies (fruit based) (A)	2.20
Macaroni Cheese (G) (H) (V)	4.00	Winter Warmers (Terms 2 & 3 only)	
Spaghetti (G)	4.00	Toasted Raisin Bread (G)	1.00
Meat Pie (A) (H)	3.50	Toast with Vegemite (G) (V)	1.00
Party Pie (A)	1.20	Hot Milo - unsweetened (A)	1.50
Chicken Nugget - baked (A) (H)	1.00	Hot Soup - Tomato, Chicken noodle (A) + (V)	1.50
Hot Noodles (Chicken, Beef, Oriental) (A) + (V)	3.50	Lunch Order Information	
Hot Dog (Meat or Vegetarian) (A) + (V)	3.50	Orders should be written on the front of a clean paper bag. <i>Frozen items are collected from the Canteen.</i>	
Sausage Roll (A) (H)	3.50	<u>Please Note: there is a 20 cent charge if no paper bag supplied.</u>	
Dim Sim – steamed (A) (H)	1.00	<i>It is a Health Requirement that all money is wrapped.</i>	
Tomato Sauce Sachet	.25	SAMPLE ORDER	
Soy Sauce	.25	Name:	Cadel Evans
		Room:	Grade: 3/4P
		Salad Roll	\$5.50
		1 Orange Juice	\$1.50
		Total	\$7.00

Government Approved Nutritional Coding

Green (G) Food may be consumed daily

Amber (A) Food may be consumed 2-3 times per week.

Halal (H) Halal certified option available.

Vegetarian (V) does not contain meat, poultry or seafood. May contain egg.

It is a Health Requirement that all money is wrapped.

SAMPLE ORDER

Name:	Cadel Evans
Room:	Grade: 3/4P
Salad Roll	\$5.50
1 Orange Juice	\$1.50
Total	\$7.00