**GREEN FOODS**
Fill the menu. Encourage and promote these foods. These foods:
- Are good sources of nutrients
- Contain less saturated fat and/or added sugar and/or salt
- Help to avoid an intake of excess energy (k.j.)

**AMBER FOODS**
Select carefully. Do not let these foods dominate the menu. Avoid large serving sizes. These foods:
- Have some nutritional value
- Have moderate levels of saturated fat and/or added sugar and/or salt
- Can, in large serve sizes, contribute excess energy (k.j.)

**SANDWICHES - white or wholemeal**
Add 50c for Lavash Bread
- **Salad** $3.80
  (cheese, lettuce, tomato, carrot, cucumber, beetroot, avocado, mayo)
- **Ham/Chicken/Tuna** $2.50
- **Extras**
  - Cheese - 50c
  - Tomato - 30c
  - Egg – 50c
  - Avocado - 50c
  - Lettuce - 30c
- **Ham/Chicken/Tuna with salad** $4.30
- **Cheese** $2.00
- **Vegemite/Honey/Jam** $1.40
- **Egg** $1.70
All sandwiches can be toasted
- Spaghetti/Baked Bean/Creamed Corn Jaffle $1.80

**COLD ITEMS**
- **Frozen Juice Cup** 80c
- **Frozen Yoghurt** small (low fat) $1.40
- **Frozen Yoghurt** large (low fat) $1.80
  (can be ordered on lunch bag)
- **Milk** (lite - chocolate/strawberry/banana) $1.80
- **Fruit juice** (apple or orange) $1.80
- **LOL** $2.00
- **Play water** $2.00
- **Water** $1.20

Available 2nd break only
- Ice Blocks, Mango Bars, Juice Bars, Milk Bars from 60c to $1
- Slush Puppie $2.00

**HOT FOOD** (sauce 5c/item)
- **PIES** Meat $3.00
- **Party Pie** 90c
- **Sausage Roll** $2.20
- **Hot Dog** ½ - $1.40 whole - $2.80
- **Vegetarian Hot Dog** (add cheese .50c) $3.00
- **Quiche** (spinach + ricotta) $3.50
- **BURGER** Chicken/Veg/Fish/Beef $3.50
  (lettuce, mayo, sesame seed bun)
- **Hawaiian Burger** $4.50
  (as above + cheese and pineapple)
- **Works Burger** $5.00
  (chicken/beef/veg + salad)
- **Mexicana Wrap** (lettuce/avo/cheese/tomato crumbed chicken or refried beans with sweet chilli sauce) $4.50
- **Hot Chicken Roll with Gravy** $3.50
- **Hot Chicken Roll-up** (lavash)
  - Chicken/lettuce/carrot/cheese/BBQ sauce $4.00
  - Chicken/cream corn/cheese $3.50
  - Chicken/cheese/BBQ sauce $3.50
  - Chicken/BBQ sauce $3.00
- **Freshly-made Mini Pizza** $1.70
  (choose your own e.g. chicken/corn, ham/pineapple, corn/pineapple-all topped with cheese)
- **Noodles** - beef/chicken/plain $1.30
- **Chicken Crackles** (7) $3.20
- **Chicken Wedges** (4) $3.20
- **Chicken Goujons** (7) $3.20
- **Hash Brown** 60c
- **Mini Spinach & Ricotta Triangles** 60c
- **Fish Wedge** $1.30
- **Cheeseymite Scroll** $1.80

**SNACKS** (all can be ordered on lunch bags)
- **JJ Chips/Jumpys** 90c
- **Red Rock Deli chips** $1.00
- **Noodles / Hello Pandas** 70c
- **Finger Bun** $1.70
- **Pikelets** (jam or butter) 60c

**NOTE:**
**THERE IS A 10c SURCHARGE ON LUNCH BAGS**
**or you may supply your own**
Please ensure orders are written clearly in pen or texta and that the CORRECT PRICES are shown. Additional canteen menus are available from the canteen or office if needed. Please write orders as follows

**ORDER:**
**PRICE:**

**TOTAL AMOUNT ENCLOSED:**