**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
- Helps to avoid an intake of excess energy (k.j.)

**SANDWICHES - white or wholemeal**
Add 50c for Lavash Bread
Salad $4.00
(cheese, lettuce, tomato, carrot, cucumber, beetroot, avocado, mayo)
Ham/Chicken/Tuna $2.50
Extras
Cheese - 60c Tomato - 40c Egg – 60c Avocado - 60c Lettuce - 30c
Ham/Chicken/Tuna with salad $4.50
Cheese/Egg/Avocado $2.00
Vegemite/Honey/Jam $1.40

All sandwiches can be toasted
Spaghetti/Baked Bean/Creamed Corn Jaffle $2.00

**SALADS**
Small salad bowl with 1/2 egg $3.00
add 1 bread - 30c add meat - $1
Salad Box/plate $5.00
add meat - $1.00 add lavash - $1
SUSHI chicken/lettuce, tuna, or veg or 2 for $7.00
Soy Sauce .20c
Sushi is only available on Wednesday Please make sure your order is in by Tuesday

**FRUIT AND VEGETABLES (seasonal)**
Apple 90c
Apple Twist $1.00
or have your own apple twisted for 10c
Corn Cob 70c
Serve of Carrot Sticks 40c
Frozen Fruit from 10c
Boiled Egg 60c

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

**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.)

**HOT FOOD (sauce 5c/ item)**
PIES Meat $3.20
Party Pie 90c
Sausage Roll $2.40
Hot Dog ½ - $1.40 whole - $2.80
Vegetarian Hot Dog (add cheese .50c) $3.00
Mini Quiche (Lorraine) $1.20
Ricotta & Spinach Triangle 60c
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)
Mexican 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 $4.50
Chicken/crumbled corn/cheese $4.00
Chicken/cheese/BBQ sauce $3.50
Chicken/BBQ sauce $3.00
Freshly-made Mini Pizza $2.00
(choose your own e.g. chicken/corn, ham/pineapple, corn/pineapple-all topped with cheese)
Noodles - beef/chicken/plain $1.30
Chicken Crackles (7) $3.40
Chicken Wedges (4) $3.40
Chicken Goujons (7) $3.40
Hash Brown 60c
Mini Spinach & Ricotta Triangles 60c
Fish Wedge $1.30
Cheesemite Scroll $1.80

**SNACKS (all can be ordered on lunch bags)**
JJ Chips/Jumpys $1.00
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:**