**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 (kJ)

**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 $3.60 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 VEGES** (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
  (can 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 (kJ)

**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 Roll** $3.50
- **BURGER Chicken/Veg/Fish/Beef** $3.50
  (lettuce, mayo, sesame seed bun)
- **Crumbed Chicken /Corn Roll** $2.00
- **Lasagne** $4.00
- **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 $4.50
- **Chicken/creamed 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
- **Cheeseymite Scroll** $1.00

**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

<table>
<thead>
<tr>
<th>CHILD'S NAME:</th>
<th>CHILD'S CLASS:</th>
</tr>
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<tbody>
<tr>
<td>ORDER:</td>
<td>PRICE:</td>
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<tr>
<td>TOTAL AMOUNT ENCLOSED:</td>
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