

TINTERNVALE PRIMARY SCHOOL

CANTEEN MENU 2017

(WEDNESDAY & FRIDAY ONLY)

SANDWICHES OR WRAPS <i>*White/Wholemeal/Gluten Free</i>	<i>Specify</i>	HOT FOOD	
TOASTED.....extra	.20	Steamed Dim Sim	\$1.00
Vegemite	\$2.00	Corn Cobette	\$1.00
Cheese	\$2.30	Mamee Noodles (Chicken/Beef)	\$1.50
Cheese and Vegemite	\$2.50	5 Chicken Goujons	\$2.30
Cheese and Tomato	\$2.70	Potato Bake (Gluten Free)	\$2.50
Cheese and Ham	\$3.00	5 Chicken Nuggets (Gluten Free)	\$3.00
Egg or Curried Egg	\$3.00	Hot Dogs (<u>Friday Only</u>)	\$3.00
Egg and Lettuce and Mayo	\$3.50	Pie	\$3.30
Chicken, Lettuce and Mayo	\$3.50	Pumpkin Soup (Term 2 & 3)	\$3.30
Salad (Lettuce, Carrot, Beetroot, Cucumber, Tomato, Cheese)	\$5.00	Chicken Neopolitan Pasta (Wednesday Only)	\$3.50
SALAD TUB (Lettuce, Tomato, Beetroot, Cheese, Cucumber, Capsicum & Corn)	\$5.00	Macaroni Cheese	\$3.50
½ size Salad Tub	\$2.50	Spaghetti Bolognese	\$3.50
Mayo	.20	Vegetarian Fried Rice (Gluten Free)	\$3.50
Chicken/Tuna/Ham/Boiled Egg	\$1.00	Beef Lasagne (Gluten Free)	\$3.80
		6 Chicken Goujons & 6 Potato Gems	\$3.80
		Hot Chicken Wrap	\$4.50
		Soy Sauce	.20
		Tomato Sauce	.20
COOL ME DOWN		SNACKS	
Fruit Pop (Frozen Slushy Mix)	.50	Cucumber, Carrot & Celery Stick Pack	.20
Zooper Dooper	.50	Popcorn	.30
Mini Callipo	\$1.00	Weetbix Slice	.50
Icy Twist	\$1.00	Cheese on Toast	.50
Water	\$1.00	Anzac OR Chocolate Chip Cookie	.50
Fruit Box (Apple Blackcurrant/ Orange/Tropical/Apple)	\$1.00	Frozen Fruit (Watermelon/Pineapple Rings/Cantaloupe)	.50
Moosie	\$1.40	Fruit Tubs	\$1.00
Icecream Tub	\$1.50	Yogurt Berry Cups	\$1.00
Paddlepop	\$1.50	Slinky Apple or Banana	\$1.00
Flavoured Milk (Chocolate/ Strawberry)	\$1.80	Chips (Red Roc Deli or JJ's)	\$1.00
Fruit Slushy	\$1.80		

GO FOR YOUR LIFE VICTORIAN HEALTHY CANTEEN PROGRAM GUIDELINES:

- GREEN** = Everyday Foods with good sources of nutrients. Best healthy choices as they are low in sugar and salt
- YELLOW** = Select Carefully. Eat moderately as they contain higher levels of fat, sugar and salt
- RED** = Occasional Foods. Eat in small amounts, less than 1 to 2 serves daily