

# TINTERNVALE PRIMARY SCHOOL

## CANTEEN MENU 2018

**(WEDNESDAY & FRIDAY ONLY)**

Please write your child's name, grade and order on a paper bag.

Lunch orders are collected in the classroom.

<b>SANDWICHES OR WRAPS</b> <i>*White/Wholemeal/Gluten Free</i>	<i>Specify</i>	<b>HOT FOOD</b>	
TOASTED.....extra	.30	<b>Steamed Dim Sim</b>	\$1.00
<b>Vegemite</b>	\$2.00	<b>Corn Cobette</b>	\$1.00
<b>Cheese</b>	\$2.30	<b>Mamee Noodles (Chicken/Beef)</b>	\$1.50
<b>Cheese and Vegemite</b>	\$2.50	<b>5 Chicken Goujons</b>	\$2.50
<b>Cheese and Tomato</b>	\$2.70	<b>Potato Bake (Gluten Free)</b>	\$2.50
<b>Cheese and Ham</b>	\$3.00	<b>5 Chicken Nuggets (Gluten Free)</b>	\$3.50
<b>Egg or Curried Egg</b>	\$3.00	<b>Hot Dogs ( <u>Friday Only</u> )</b>	\$3.00
<b>Egg and Lettuce and Mayo</b>	\$3.50	<b>Pie</b>	\$3.50
<b>Chicken, Lettuce and Mayo</b>	\$3.50	<b>Chicken Neapolitan Pasta</b>	\$3.80
<b>Salad (Lettuce, Carrot, Beetroot, Cucumber, Tomato, Cheese)</b>	\$5.00	<b>(Wednesday Only)</b>	
<b>SALAD TUB (Lettuce, Tomato, Beetroot, Cheese, Cucumber, Capsicum &amp; Corn)</b>	\$5.00	<b>Macaroni Cheese</b>	\$3.80
<b>½ size Salad Tub</b>	\$3.00	<b>Spaghetti Bolognese</b>	\$3.80
<b>Mayo</b>	.20	<b>Vegetarian Fried Rice (Gluten Free)</b>	\$3.80
<b>Chicken/Tuna/Ham/Boiled Egg</b>	\$1.00	<b>Beef Lasagne (Gluten Free)</b>	\$4.00
		<b>6 Chicken Goujons &amp; 6 Potato Gems</b>	\$4.00
		<b>Hot Chicken Wrap</b>	\$4.50
		<b>Soy Sauce</b>	.20
		<b>Tomato Sauce</b>	.20
<b>COOL ME DOWN</b>		<b>SNACKS</b>	
<b>Fruit Pop (Frozen Slushy Mix)</b>	.50	<b>Cucumber, Carrot &amp; Celery Stick Pack</b>	.20
<b>Zooper Dooper</b>	.50	<b>Popcorn</b>	.30
<b>Mini Callipo</b>	\$1.00	<b>Weetbix Slice</b>	.50
<b>Icy Twist</b>	\$1.00	<b>Cheese on Toast</b>	.50
<b>Water</b>	\$1.00	<b>Anzac OR Chocolate Chip Cookie</b>	.50
<b>Fruit Box (Apple Blackcurrant/ Orange/Tropical/Apple)</b>	\$1.00	<b>Frozen Fruit</b>	.50
<b>Moosie</b>	\$1.40	<b>(Watermelon/Pineapple Rings/Cantaloupe)</b>	
<b>Icecream Tub</b>	\$1.50	<b>Yogurt Berry Cups</b>	\$1.00
<b>Paddlepop</b>	\$1.50	<b>Slinky Apple or Banana</b>	\$1.00
<b>Flavoured Milk (Chocolate/ Strawberry)</b>	\$1.80	<b>Chips (Red Roc Deli or JJ's)</b>	\$1.00
<b>Fruit Slushy</b>	\$2.00		

**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