ARDTORNISH PRIMARY SCHOOL

WINTER 2010 MENU

CANTEEN PRICE LIST

Effective from 4th May 2010

The Canteen operates from 9.00am to 1.50pm on Tuesday to Friday

THE CANTEEN IS NOT OPEN ON MONDAYS

1. Orders must be placed in the Classroom Order Box each morning.

2. Recess & Lunch orders MUST be written on SEPARATE BAGS.

3. If an item does not need a bag (eg ice block, drink) write the name, room number, order & amount on an envelope.

4. Hot food, salad boxes, sandwiches and rolls are available for LUNCH only.

5. JP children (Rec to Yr 3) are NOT ALLOWED to purchase over the counter at recess. Please order via Classroom Order Box.

6. Straws, spoons etc. will be supplied when required.

7. When an item ordered is unavailable, a similar item will be supplied.

8. Lunch bags are **5c each** and are available at the Canteen.

_All food and drink supplied by our canteen complies with the Healthy Eating Guidelines where foods are rated according to their nutritional value. Green is recommended, yellow is OK and red is not recommended. Our canteen only sells green or yellow rated foods._

The Canteen cannot run without the help of VOLUNTEERS.
If you can help (even once or twice a term) please call Michele Smale on 8264 8099 or call into the Canteen during operating hours.
## SANDWICHES & ROLLS (Daily)

<table>
<thead>
<tr>
<th></th>
<th>Sandwich</th>
<th>Roll</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Butter</strong></td>
<td>$1.00</td>
<td>$2.00</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td>$2.10</td>
<td>$2.60</td>
</tr>
<tr>
<td><strong>Cheese with Salad</strong></td>
<td>$3.10</td>
<td>$3.60</td>
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<tr>
<td><strong>Chicken (diced chicken pieces)</strong></td>
<td>$3.60</td>
<td>$4.10</td>
</tr>
<tr>
<td><strong>Chicken with Salad</strong></td>
<td>$4.10</td>
<td>$4.60</td>
</tr>
<tr>
<td><strong>Egg</strong></td>
<td>$2.60</td>
<td>$3.10</td>
</tr>
<tr>
<td><strong>Egg with Salad</strong></td>
<td>$3.10</td>
<td>$3.60</td>
</tr>
<tr>
<td><strong>Ham</strong></td>
<td>$2.60</td>
<td>$3.10</td>
</tr>
<tr>
<td><strong>Ham with Salad</strong></td>
<td>$3.60</td>
<td>$4.10</td>
</tr>
<tr>
<td><strong>Tuna</strong></td>
<td>$2.60</td>
<td>$3.10</td>
</tr>
<tr>
<td><strong>Tuna with Salad</strong></td>
<td>$3.60</td>
<td>$4.10</td>
</tr>
<tr>
<td><strong>Salad Only</strong> (tomato, cucumber, lettuce, beetroot, carrot)</td>
<td>$2.20</td>
<td>$3.10</td>
</tr>
<tr>
<td><strong>Vegemite</strong></td>
<td>$2.00</td>
<td>$2.50</td>
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</tbody>
</table>

*Note: 'with salad' consists of tomato, cucumber, lettuce*

## SPECIALS

**TUESDAY**
- Chicken Wrap $4.00
  - (crumbed tenderloin with lettuce, cheese, mayo)
  - with Hot Chocolate $4.50

**WEDNESDAY**
- Yiros $4.50
  - (chicken meat with tzatziki / hommus sauce with lettuce, tomatoe on pita bread)
  - with Juice Cup $5.00

**THURSDAY**
- Chicken Burger $4.50
  - (crumbed chicken fillet with lettuce, cheese, tomato & mayo)
  - with Hot Chocolate $5.00

**FRIDAY**
- Note: 'with salad' consists of tomato, cucumber, lettuce
- Hot Dog with tomato sauce
  - Whole $4.50
  - Half $2.50
  - or with Juice Cup
    - Whole $5.00
    - Half $3.00

## EXTRAS
- Toasting 20c
- Cheese 50c
- Lettuce, Tomato, Cucumber, Beetroot, Carrot 30c each
- Mayo, Tomato Sauce, Mustard, Cream Cheese 30c each

## SALADS, FRUIT (Daily)

- **Salad Box** $4.50
  - Ham/Chicken with tomato, cucumber, lettuce, carrot, egg, alfalfa, bread and butter
- **Fruit Salad**
  - Small $3.00
  - Large $3.50
  - Piece $0.50
  - Apple, orange, grapes, kiwi fruit, pear, watermelon

## HOT FOOD (Daily)

- **Chicken Chippees**
  - Pkt 8 $3.60
  - Pkt 12 $4.60
- **Crunchy Royale (crumbed chicken croquet)** $2.30
- **Pizza / Pizza Pockets** $2.50
- **Lasagna** $3.60
- **Macaroni & Cheese** $3.60
- **Spaghetti Bolognaise** $3.60
- **Fried Rice** $3.60
- **Mamee Noodles (Beef/Chicken)** $2.30
- **Pies (Mrs Macs Good Eating Beef)**
  - Large $3.30
  - Small $2.30
- **Sausage Roll (Mrs Macs Good Eating)** $2.60
- **Veggie Burger (Vegetable Pattie, tomato, lettuce & mayo)** $4.00

## DRINKS (Daily)

- **Spring Water 600ml** $1.00
- **Big ‘M’ Milk 250ml - Chocolate/Strawberry** $1.90
- **Classic Milk 375ml - Strawberry/Chocolate** $2.40
- **Feel Good 375ml - Chocolate** $2.40
- **Plain Milk 375ml** $1.00
- **Flavoured Straws - Chocolate, Strawberry, Banana** $0.60
- **100% Fruit Juice - Apple, Orange, Apple Blackcurrant** $1.80
- **LOL 250ml - Sparkling Fruit Juice** $2.30
- **Hot Chocolate** $1.00

## ICE BLOCKS (Daily)

- **Berri Frozen Juice Cup - Apple, Orange, Pineapple** $0.80
- **Mini Callipo** $1.20
- **Moozies** $1.20
- **Icy Twists** $1.20
- **Quelch** $0.50
- **Safari Pops** $0.10
- **Slushie - Raspberry, Tropical** $1.50

## SNACKS (Daily)

- **JJ's - Chicken, Pizza, Burger, Salt n Vinegar** $1.30
- **Red Rock Chips - Salt or Honey Soy** $1.40
- **Mamee Noodles - BBQ, Chicken** $0.80
- **Cornitos - Cheese, Spicy BBQ** $0.80

## TREATS (Daily)

- **Rite Choice Cookies**
  - each $0.50
  - 3 for $1.30
Chocolate Muffins $1.20