



Healthy Eating Canteen Menu: Term 2

We are open for recess and lunch on Wednesdays, Thursdays and Fridays

ALL WEEK RECESS – not for lunch orders, counter orders only

Popcorn	\$0.50	Pikelets (VG)	\$0.50
Frozen Peas 'n' Corn cup	\$1.00	Toasties (V)	\$1.00
Fruit of the day/Apple slinky	\$0.50/\$1	Apple & cinnamon muffins (V)	\$0.50

ALL WEEK LUNCH

Vegie sticks – from the counter	Free	Tuna & cheese toasted sandwich	\$3.00
Fruit of the day	\$0.50	Tex Mex toasted wrap (V)	\$2.00
Milk bottle (150ml)	\$1.50	Vegemite sandwich (VG)	\$2.00
Soy milk (VG)	\$2.50	Baked potato, cheese (or not), salsa (V)	\$3.00

DAILY LUNCH SPECIALS – ALL \$3 EACH

Monday	Tuesday	Wednesday	Thursday	Friday
Closed	Closed	Pizza (V) \$3 Fruit smoothie \$2	Pasta beef bolognaise (DF) \$3 Fruit smoothie \$2	Vegetarian (VG) or chicken or tuna sushi (GF) (DF) \$3 Fruit smoothie \$2
V = vegetarian		VG = vegan	DF = dairy free GF = Gluten Free	

Lunch orders for years K to 6 – lunch items only

Counter sales at Recess and Lunch for years 1 to 6 only

How do I make a lunch order?

Lunch orders are available to all children and are for lunch items only.

They need to be received by the school by 9.30am.

Your cash order should be written on a brown paper bag with your name and class (eg. 1/2KG), what you'd like to order and the correct money. Lunch items only please. **Online orders:** www.school24.net.au (new users: school ID = 25311963).

Online orders close 9am on the same day as you are ordering for. Text me if you miss the deadline. **Canteen manager: Heather 0405 266 153** or naps.canteen@gmail.com



What's in our food?

All our food is made from scratch in our canteen kitchen. All menu items are vegetarian except for Thursday's chicken sandwich. Prepared tinned goods, cheese, pasta and breads do not contain preservatives. When selecting what foods we will include on our menu, we follow the national healthy school canteen guidelines and classify them using the traffic light system (Green/Amber/Red).

Menu item	What's in it?
Vegie sticks (Green) VG GF	Uncooked seasonal vegies: usually a choice of carrots, cucumber, celery plus fresh produce straight from our garden when available.
Pikelets (Green) VG	Self-raising wholemeal flour, soda bicarbonate, very small amount of sugar, unsweetened rice milk. No egg or dairy.
Toasties (Green) V	Multigrain bread, pizza tomato sauce (see Pizza), mozzarella cheese.
Baked Potato (Green) V, GF Vegan without cheese	An oven-baked potato served with reduced-fat tasty cheese and our own salsa (tomatoes, invisible vegies and mashed kidney beans, Mexican spices). Gluten free. We can leave out the cheese by request – this makes it vegan.
Tex Mex wrap (Green) V	Our own refried beans (red kidney beans, onion, garlic, spices), corn, reduced-fat tasty cheese, wrapped in Lebanese bread and toasted.
Vegemite sandwich (Amber – vegemite is salty) VG	Wholemeal bread, vegemite. No dairy - vegan.
Apple cinnamon muffins (Green) V and DF	Self-raising wholemeal flour, wheat germ, bicarbonate of soda, cooked apple, grated raw carrot, cinnamon, free-range eggs, unsweetened rice milk, olive oil.
Pizza (Green) V	White bread flour, wholemeal bread flour, semolina, yeast, our own tomato sauce base (canned tomatoes and/or pasatta, garlic, herbs), mozzarella cheese.
Sushi (Green) Tuna and chicken are GF, vegetable version is VG and GF.	Japanese-style sushi made from rice, rice vinegar, raw vegetables (various, usually cucumber, carrot), and nori sheet. Vegan and gluten free. Chicken and tuna varieties are the same as above with the addition of baked chicken meat (halal) or canned, sustainably-fished skipjack tuna.
Tuna & cheese toasted sandwich (Green)	Multigrain bread, canned tuna (sustainably-fished skip-jack), reduced-fat tasty cheese.

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