



## 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

Yoghurt and fruit cup	\$1.00	Pikelets	\$0.50
Frozen Peas 'n' Corn cup	\$1.00	Toasties	\$1.00
Fruit of the day	\$0.50	Apple & cinnamon muffins	\$0.50

### ALL WEEK LUNCH

Vegie sticks – from the counter	Free	Rainbow salad wrap (V)	\$2.00
Fruit of the day	\$0.50	Tex Mex toasted wrap (V)	\$2.00
Milk carton (175ml)	\$1.50	Vegemite sandwich (V)	\$2.00
Soy milk (VG)	\$2.50	Tuna & cheese toasted sandwich	\$3.00

### DAILY LUNCH SPECIALS – ALL \$3 EACH

Monday	Tuesday	Wednesday	Thursday	Friday
Closed	Closed	Pizza (V) \$3	Chicken Noodle Soup (DF,GF) \$3 Fruit smoothies \$2	Pasta bolognaise (V) \$3
<b>V = vegetarian</b>		<b>VG = vegan</b>	<b>DF = dairy free GF = Gluten Free</b>	

**Lunch orders for years K to 6**

**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 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](http://www.school24.net.au) (new users: school ID = 25311963).

Online orders close 9am on the same day as you are ordering for.



# What's in our food?

All our food is made from scratch in our canteen kitchen. All menu items are vegetarian except the Italian chicken toasted 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).

<b>Menu item</b>	<b>What's in it?</b>
<b>Vegie sticks (Green)</b>	Uncooked seasonal vegies: usually a choice of carrots, cucumber, celery plus fresh produce straight from our garden
<b>Pikelets (Green)</b>	Wholemeal flour, baking powder, soda bicarbonate, very small amount of sugar, low fat milk, free range eggs
<b>Toasties (Green)</b>	Wholemeal bread, pizza tomato sauce (see Pizza), mozzarella cheese
<b>Rainbow salad wrap (Green)</b>	Fresh salad ingredients including lettuce, cucumber, carrot, bean/pea sprouts grown by our students, mayonnaise, wholemeal Lebanese bread
<b>Tex Mex wrap (Green)</b>	Our own refried beans (red kidney beans, spices), corn, light tasty cheese, Lebanese bread
<b>Vegemite sandwich (Amber – vegemite is salty)</b>	Wholemeal bread, vegemite
<b>Apple cinnamon muffins (Amber – added sugar)</b>	Flour, baking powder, bicarbonate of soda, sugar, cooked apple, cinnamon, egg, milk, olive oil
<b>Pizza (Amber – full fat cheese)</b>	White bread flour, wholemeal bread flour, semolina, yeast, our own tomato sauce base (canned tomatoes and/or passata, garlic, herbs), mozzarella cheese
<b>Chicken Noodle Soup (Green)</b>	Chicken stock (made in canteen with chicken bones and vegetables), pureed mixed vegetables (usually carrots, celery, onion), garlic, rice noodles.
<b>Pasta bolognese (Green)</b>	Pasta served with sauce made from: tomatoes (canned), pureed mix of vegetables (usually carrots, onions, celery, zucchini), garlic, herbs, and mashed berlotti beans.
<b>Tuna &amp; cheese toasted sandwich (Green)</b>	Wholemeal bread, tuna, reduced-fat tasty cheese