



Healthy Eating Canteen Menu: Term 1

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

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

Fruit and yoghurt cup	\$1.00	Pikelets	\$0.50
Frozen Peas 'n' Corn cup	\$1.00	Toasties	\$1.00
Fruit of the day/Apple slinky	\$0.50/\$1	Apple & cinnamon muffins	\$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	Rainbow wrap (with egg free mayo)	\$3.00

DAILY LUNCH SPECIALS – ALL \$3 EACH

Monday	Tuesday	Wednesday	Thursday	Friday
Closed	Closed	Pizza (V) \$3 Fruit smoothie \$2	Italian chicken toasted sandwich (DF) \$3 Fruit smoothie \$2	Vegetarian (VG) or chicken 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.

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) V	Wholemeal flour, baking powder, soda bicarbonate, very small amount of sugar, low fat milk, free range eggs.
Toasties (Green) V	Multigrain bread, pizza tomato sauce (see Pizza), mozzarella cheese.
Rainbow salad wrap (Green) V	Fresh salad ingredients including lettuce, cucumber, carrot, bean/pea sprouts grown by our students, egg mayonnaise, mayonnaise, Lebanese bread
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 (Amber – sugar and olive oil) V	Flour, baking powder, bicarbonate of soda, sugar, cooked apple, cinnamon, egg, 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.
Italian Chicken toasted sandwich (Green)	Cooked chicken (marinated in herbs and garlic and oven baked), baby spinach, Italian-style bread
Sushi (green) GF	Japanese-style sushi made from rice, rice vingegar, raw vegetables (various, usually cucumber, carrot, avocado), nori sheet. Vegan and gluten free. Chicken variety is the same as above with the addition of baked chicken meat (halal).
Tuna & cheese toasted sandwich (Green)	Multigrain bread, canned tuna (sustainably-fished skip-jack), reduced-fat tasty cheese.