

MELTON PRIMARY SCHOOL



CANTEEN MENU, TERM 3, 2009



To order: * Child's name, grade & order to be written clearly on a lunch bag with money enclosed
 * Please indicate on lunch order if tomato sauce/mayo/soy sauce is required
 * No ice-creams, icy poles or frozen foods to be ordered with lunch order

*** PAPER BAGS ARE 10c EXTRA *TOMATO SAUCE IS 20c EXTRA**



Indicates approved "GREEN" category (EVERYDAY) foods as based on the "Dietary Guidelines for Children & Adolescents in Australia". All other foods listed are "AMBER" category (select carefully). No "RED" category foods appear on the menu.

COLD FOOD		Sand	Roll
😊	Vegemite	1.50	2.00
😊	Cheese (lite)	1.80	2.20
😊	Ham (lite)	2.00	2.50
😊	Ham & Cheese	2.20	2.70
😊	Ham & Salad	2.80	3.30
😊	Tuna	2.00	2.50
😊	Tuna Lettuce & mayo	2.40	2.90
😊	Egg & Lettuce	2.00	2.50
😊	Fresh Chicken	2.70	3.20
😊	Fresh Chicken & Salad	3.20	3.70
😊	Salad (lettuce, tomato, carrot, cheese, cucumber)	2.60	3.10
😊	Boiled Egg		.80
😊	Cold Chicken Wrap (Chicken, mayo & lettuce)		3.60
😊	Salad Wrap		3.50
😊	Meat & Salad Pack Choice of Chicken, Ham or Tuna with lettuce, carrot, tomato, cheese, cucumber, ½ egg, bread & butter all in a container with a fork		3.80
😊	Salad Pack As above but no meat		3.60

Extras 20c ea and for Toasted Sandwiches add 20c

All sandwiches made on white hi-fibre bread. Multi-grain also available.
 All spreads are low-fat.

DRINKS		
😊	100% Orange Juice 300ml	1.80
😊	Water 600ml	1.30
😊	Nippy's Milk (Chocolate or Strawberry)	1.90
	Focuswater 350ml (Raspberry or Fruitfix)	2.00
	Quench Fruit Springwater 350ml (Cola, Apple/Raspberry, Lemon/Lime, Blue Heaven)	1.60

FRUIT		
😊	Seasonal Fruit as available	.80

COUNTER SALES ONLY	
ASSORTED ICY POLES & ICE-CREAMS FROM 60c	
SLUSH PUPPIES \$1.80	

HOT FOOD		
	Party Pies	.80
	Four N Twenty Pie (low fat)	3.20
	Four N Twenty Sausage Roll (low fat)	2.20
	Hot Dog & sauce (97% fat free)	2.30
	Hot Dog no sauce (97% fat free)	2.10
	Hash Brown	.80
	Hash Brown Roll	2.00
😊	Chicken Nuggets	4 for \$3 or 90c ea
	Steamed Dim Sims	3 for \$2 or 80c ea
😊	Buttered Corn Cobette	.80
😊	Chicken Burger (with lettuce & mayo)	3.50
😊	Hot Chicken Roll	3.20
	Hot Chicken Roll (with gravy or mayo)	3.40
	Potato Smileys	4 for \$1.50 or 50c ea
	Pizza Slice (Hawaiian or Supreme)	2.50
😊	Homemade Macaroni & Cheese (low fat cheese)	3.50
😊	Homemade Pasta Bolognese (lean beef)	3.50
😊	Hot Chicken Wrap (with mild salsa & cheese)	3.70

TOMATO SAUCE 20c EXTRA

SNACKS		
	Chocolate Mousse (97% fat free made with skim milk)	1.60
😊	Mini Muffins (Apple or Blueberry)	1.20
	Mamee Noodle Snacks (BBQ or Chicken)	.80
	Red Rock Chips (Honey Chicken or Plain)	1.10
😊	Popcorn (Buttered, Cheese or Chicken)	.90
	JJ's (Chicken or Pizza)	.90
	Rice Sticks (Cheese)	.90
😊	Rice Cracker Bag	.50
😊	Fruit Bag (Banana chips, Apple rings, Sultanas & Apricots)	.50

All menu items are Healthy Kids registered or Canteen approved products