Greenvale Primary School Canteen Menu 2016

Food Reference Guide
✓ Everyday Foods
✓ Occasional Foods

Packs Include: individual item, PLUS choice of water, apple juice or orange juice AND choice of apple or blueberry muffin.
Bread Type: Wholemeal, unless Multigrain or White specified.

Salad Tubs
✓ Cheese & Salad $4.00 $6.00
✓ Ham & Salad $4.50 $6.00
✓ Chicken & Salad $4.50 $6.00
✓ Tuna & Salad $4.50 $6.00

Wraps
✓ Chicken Tender wrap with $3.50 $6.00 lettuce & tomato
✓ Sweet chilli chicken tender wrap with mayo $3.50 $6.00
✓ Ham & Salad wrap $3.50 $6.00

Sandwiches & Rolls S/W ROLL PACK
✓ Cheese $2.00 $2.60
✓ Vegemite $2.00 $2.60
✓ Salad $3.00 $3.50 $5.50
✓ Tuna $3.00 $3.50 $5.50
✓ Fresh Chicken $3.00 $3.50 $5.50
✓ Ham $3.00 $3.50 $5.50
✓ Egg $3.00 $3.50 $5.50

Extras each
Lettuce, tomato, carrot, cucumber or beetroot $0.40
Cheese or cold meats $0.50
Toasted sandwich $0.50

Jaffles
Bake Beans or Spaghetti $2.50

Ice Creams
✓ Fruit Slush Puppie 99% Juice $2.00
✓ Frozen Yoghurt Tubes $1.00
✓ Quelch Tube $1.00
✓ Streets Ice Cream various prices.

Drinks
✓ Iced Tea $3.50
✓ 250ml Big M (Strawberry, Choc,) $2.20
✓ Bottled Water $2.00
✓ 250ml Just Juice $2.00
✓ Quench Drinks $2.20

Fresh Fruit
✓ Fruit will be available according to season $1.00

Hot Food
✓ Lasagne 97% fat free $4.00 $6.00
✓ Macaroni Cheese 97% fat free $4.00 $6.00
✓ Spaghetti $4.00 $6.00
✓ Pizza 97% fat free $3.60 $6.00
   (Hawaiian & Margarita)
✓ Hot Chicken Roll $4.00 $6.00
✓ Corn on Cob $1.00
✓ Baked Chicken Burger (Cheese lettuce mayo) $4.00 $6.00
✓ Cheese Burger (Cheese lettuce & tomato) $4.00 $6.00
✓ Fish Burger (lettuce & mayo) $4.00 $6.00
✓ Lite pie $4.00
✓ Lite Pastie $3.50
✓ Lite Sausage Roll $3.00
✓ Lite Party Pie $1.00
✓ Lite Party Sausage Roll $1.00
✓ Hot Dog Skinless – Plain $3.00
   - Lite Cheese $3.50
✓ Baked Chicken Nugget $0.80
✓ Steamed Dim Sims $0.80
✓ Baked Wedges $4.00
✓ Nachos (Salsa & Lite Cheese) $4.00
✓ Noodles in a Cup (Beef/Chicken) $2.80
✓ Sweet Chilli Tender $2.00
✓ Plain Chicken Tender $2.00
✓ Patizzi – Ricotta $1.00
   Sauce Sachet $0.20
   Lite Sour Cream $0.50

Halal Menu
✓ Steamed Dim Sims $0.80
✓ Chicken Nuggets $0.80
✓ Chicken Burgers $4.00 $6.00
✓ Chicken Tenders $2.00
✓ Hot Dog $3.00
✓ Pies $4.00
✓ Beef Burgers $4.00 $6.00
✓ Sausage Roll $3.20

Snacks
✓ JJ (Assorted Flavours) $1.20
✓ JJ Noodle (BBQ & Chicken) $1.20
✓ Popcorn (Assorted Flavours) $1.20
✓ Smiths Chips (Assorted Flavours) $1.20
✓ Red Rock Deli Chips $1.20
✓ Large Homemade Muffin $1.20
✓ Homemade Cookies (Choc Chip, M&M) $1.00
✓ Lite Jelly in a Cup $1.00
✓ Custard in a Cup $1.20
✓ Yoghurt Cups $2.00
✓ (Passion fruit or Strawberry flavour)
✓ Frozen Orange Quarter $0.30
✓ Frozen Pineapple Ring $0.50
✓ Fruit Salad $1.50
✓ Fruit Salad (Small) $1.00

Other healthy snacks also available from the Canteen
Hi Everyone I hope you all enjoyed the term break. We are all conscious of being healthy and making better nutrition choices.

Did you know the school canteen offers a healthy variety of food choices? Help your child make better choices for lunch and snacks, encourage them to include as many healthy foods as possible from the ‘Healthier Everyday Foods’ on offer.

Once again I value any feedback with ideas or suggestions that you might have for the canteen menu. You can visit me at the school canteen between 8:00am – 2:30pm daily or simply send them to me via the school office.

You can order your child’s lunch order on-line at www.ouronlinecanteen.com.au. Your child’s lunch order must be placed on-line by 9:30am that day.

You can still send your child’s lunch order to school. To order a lunch for your child, please write your child's: NAME, CLASSROOM, ORDER and COST, ON A PAPER BAG or their reusable lunch bag and place the money inside.

PLEASE TRY TO SEND THE CORRECT MONEY

Mary Spiteri – School Canteen Manager