



Primary Schools Healthy Canteen Menu 2009

Healthy Food Legend

Everyday Foods	Select Carefully Foods	Occasionally Foods
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= Suitable for gluten Intolerance (other gluten free items on request)

Green Foods			
Mini Roll			
Plain buttered	\$ 0.70		Wraps - wholemeal
Vegemite	\$ 1.20		* Meat - ham, chicken, tuna \$ 2.00
* Meat - ham, chicken, tuna	\$ 2.00		* Salad - lettuce, tomato, cheese, carrot \$ 2.20
* Salad - lettuce, tomato, cheese, carrot	\$ 2.20		* Meat & Salad \$ 2.70
* Meat & Salad	\$ 2.70		Fresh Fruit & Veg
Sandwiches			
Plain buttered	\$ 0.70		Corn on the cob \$ 1.50
Vegemite	\$ 1.20		Apple, orange, banana \$ 0.70
* Meat - ham, chicken, tuna	\$ 2.00		Fruit kebab \$ 0.70
* Salad - lettuce, tomato, cheese, carrot	\$ 2.20		Snacks
* Meat & Salad	\$ 2.70		Tub of salad - small \$ 2.20
			Yogurt \$ 1.60
			Soy yogurt \$ 1.60
			Popcorn - small bag \$ 1.00

Choose from high fibre white or wholemeal bread

Amber Foods			
Cold Foods			Hot Food
Chicken balls w dip sauce#	\$ 1.20		Pizza slice - Hawaiian \$ 1.60
Meat balls w sauce#	\$ 1.20		Pizza Slice - Supreme \$ 1.60
Sushi* - Californian roll	\$ 2.70		Pizza Slice - Margarita \$ 1.60
Sushi* - chicken	\$ 2.70		Homemade sausage roll lge \$ 2.20
Sushi* - tuna	\$ 2.70		Homemade sausage roll sml \$ 1.10
Cheese & bickies	\$ 1.50		Drinks
*Includes small soy sauce	\$ -		Prima 100% fruit juice \$ 1.00
		Milk - chocolate \$ 1.20	
		Milk - strawberry \$ 1.20	
		Milk - banana \$ 1.20	

Red Foods			
Party quiches - vegie/Lorraine	\$ 1.30		Sweets
Chicken nuggets	\$ 0.50		YoYo \$ 1.20
Vegie frittata	\$ 1.40		Cookie - lge \$ 2.20
Macaroni & cheese	\$ 4.00		Chockie truffles - 3 sml \$ 1.70
Lasagne	\$ 4.50		

All prices GST Inclusive