

# School Canteen Menu

- Open Everyday -

## RED - Hot Foods

Ham & Pineapple Pizza	2.50
Steamed Dim Sims	60c ea
Or 3 for	1.50
Chicken Strips	5 for 3.00
Large Pie	3.00
Party Pie	1.00
Sausage Roll	2.00
Hot Dog	3.00
Hot Puppie	1.50
Wedges	2.00
<b>Tuesday Only:</b>	
Nachos	2.50

## GREEN - Hot Foods

Lasagne	3.50
Macaroni & Cheese	3.50
Fried Rice	3.50
Spaghetti Bolognese	3.50
Toasted Sandwiches	3.00
<b>Tuesday &amp; Thursday Only:</b>	
Jacket Potato + coleslaw, sour cream and cheese	3.00

## AMBER - Drinks

Slush Puppies	2.00
Nippy's milk	1.50
Chocolate, Strawberry or Honeycomb	
Fruit Juice Box	1.50
Tropical, Apple, Orange	
Sonik Flavoured Water	1.50
Raspberry, Blackcurrant Lemonade	
Fizzy Water (Waterfords)	2.00
Hot Chocolate	2.00

## GREEN - Sandwiches

Plain	2.00
Vegemite, Cheese, or Tomato	
Chicken or Ham	2.50
Chicken & Salad	3.00
Ham & Salad	3.00
Muffins	1.50

## GREEN - Wraps

Large Wrap	4.50
Small Wrap	3.50
All wraps come with your choice of salad on a pita tortilla.	
<i>With choice of Ham or Chicken</i>	

Bunny Box, consists of a standard salad with Italian dressing	2.00
Add chicken or ham	0.50

**Standard salad** consists of lettuce, grated carrot, tomato, cheese, cucumber and mayo.

Watch out for specials of the week.

These will be advertised in the school newsletter.

## GREEN - Snacks

Twisted Frozen Yoghurt	2.00
Large Gingerbread Man	1.50
Bulla Frozen Yoghurt	1.50
Yoghurt Frogs (bag)	.50
Fruit Salad & Custard	2.00
(Only Term 1 & 4)	
Curly Apple	.50
Frozen Pineapple	.50

## AMBER - Snacks

Vegie Crackers	1.00
Popcorn	1.00
Icy Pole	0.50
"Jumpys" chips	1.00
- Chicken/Salt & Vinegar	
Red Deli chips	1.00
Choc Chip cookie	1.00
Piranha Crackers	1.50
- Gluten Free	

All lunch orders must be at the canteen by 10.30 am, either by placing the order in the classroom tub or handing it into the canteen. If your child's order is not placed by 11 am they will have to see their teacher who will make them a sandwich in the staffroom. Everything will be sent back to the classroom apart from the slush puppies, icy poles and drinks which can be picked up from the canteen between 1.30 - 2 pm.

### Go For Your Life Victorian Healthy Canteen Program Guidelines:

**Green Foods:** Everyday foods. Foods with good source of nutrients. They are low in sugar and salt. These foods help children grow, learn and be healthy.

**Amber Foods:** Everyday/Moderate foods. To be eaten moderately. May contain higher levels of fat, sugar and salt.

**Red Foods:** Sometimes food. To be eaten sometimes in small amounts. These foods don't provide any important nutrients and can sometimes lead to health problems. No more than 1 or 2 serves in a day is recommended.



Dorset Primary School  
Inspire ~ Achieve ~ Succeed