



# Fresh tastes CANTEEN MENU

## Clifton Hill Primary School

### Term 2 and 3 2017 Menu

The canteen is open at recess for purchases from the snack menu (on the reverse side of this page) and at lunch times until 1.45pm. Students should place lunch orders in the class baskets each morning at 9am. Students bringing late (orders received after 10.30am) or forgotten lunches will be given a lunch order at a cost charged to parents. Please assist this process by encouraging students to be responsible for putting their lunch in the basket.

**Wholemeal/multigrain sandwiches and rolls are available each day**

All sandwiches and rolls are green foods.

Toasted available upon request.

|   |        |
|---|--------|
| Cheese/Vegemite/Honey                     | \$2.50 |
| Egg/egg & lettuce                         | \$3.50 |
| Curried egg and lettuce                   | \$3.50 |
| Tuna and salad sandwich                   | \$3.50 |
| Roast chicken and salad                   | \$3.50 |
| Ham and salad                             | \$3.50 |
| <input checked="" type="checkbox"/> Salad | \$3.50 |
| Plain roll                                | \$1.00 |

### DELI-STYLE TURKISH ROLLS

|   |          |
|---|----------|
| Freshly prepared deli-style Turkish breads. <b>(Green)</b>  | Half \$4 |
| Choose from the suggestions below or build your own using ingredients from the sandwich menu above. | Full \$7 |
| - Leg ham, cheese & salad   |          |
| - Roast chicken, avocado & lettuce  |          |
| - <input checked="" type="checkbox"/> Cheese, avocado & salad                                       |          |
| Also available with low fat mayonnaise.   |          |

The following items are available only on the allocated days:

### MONDAY: HOMEMADE SOUP

Served with a wholemeal dinner roll

|  |        |
|--|--------|
| Chicken noodle soup <b>(Green)</b>                                   | \$5.00 |
| <input checked="" type="checkbox"/> Vegie noodle soup <b>(Green)</b> | \$5.00 |

### TUESDAY: Burgers

|   |        |
|---|--------|
| Grilled chicken, cheese and lettuce on a wholemeal bun <b>(Green)</b><br><small>*Available with tomato sauce or low fat mayonnaise on request</small> | \$5.00 |
| Homemade vegie patty, cheese and lettuce on a wholemeal bun<br><small>*Available with tomato sauce or low fat mayonnaise on request</small>           | \$5.00 |

### WEDNESDAY: JAPANESE

|  |        |
|--|--------|
| BBQ pork & vegetables on rice <b>(Green)</b>                         | \$5.00 |
| <input checked="" type="checkbox"/> Japanese Pancakes <b>(Green)</b> | \$5.00 |

### THURSDAY: PASTA

|  |        |
|--|--------|
| Beef lasagne <b>(Green)</b>  | \$4.00 |
| <input checked="" type="checkbox"/> Macaroni cheese <b>(Green)</b>                         | \$4.00 |
| <input checked="" type="checkbox"/> Home made pasta twirl with tomato sauce <b>(Green)</b> | \$4.00 |

### FRIDAY: SUSHI

|  |        |
|--|--------|
| Sushi - Tuna <b>(Green)</b>  | \$2.50 |
| <input checked="" type="checkbox"/> Sushi - Vegetable <b>(Green)</b> | \$2.50 |
| Sushi - Teriyaki Chicken <b>(Green)</b>                              | \$2.50 |
| California Roll <b>(Green)</b>                                       | \$2.50 |





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## SNACKS

Available every day at recess from the canteen window

|   |        |
|---|--------|
| V Popcorn – 20g (Green)<br>Butter *GF<br>Cheese<br>Salt and Vinegar *GF | \$1.00 |
| Snaps - (Amber) *GF ALL<br>BBQ, Oregano & Thyme, Light & Tangy          | \$1.20 |
| Piranh - (Amber) *GF ALL<br>Salt and Vinegar, BBQ cheese, Honey Soy     | \$1.20 |
| Mamee – Rice Sticks (Green) *GF   | 90c    |
| Fruit cups (Green) *GF  | \$1.50 |
| Breakfast bars (Amber)  | \$1.10 |
| Flavoured rice thins (Green) *GF  | 30c    |
| Cheese and biscuits (Green)   | \$1.10 |

 Vegetarian option  
 Gluten free option

## ORDERING:

- Please **clearly** write the child's **full name, grade** and order on the bag.
- We promote rubbish reduction, therefore where possible, we encourage students to provide their own plastic box for their lunch and stick the above information to the lid with sticky tape.
- Correct money should be provided when ordering.
- Students not providing their own plastic box or bag will need to include 20c for a bag, where this does not occur ordered items may need to be substituted.

## GF = GLUTEN FREE

We have labelled items from the canteen \*GF if they are Gluten free. Unfortunately, the canteen is unable to offer lunches that are completely free of gluten traces. However, the snack items labelled \*GF are prepacked items that do not contain gluten, or traces of.

## DRINKS

Available every day

|   |        |
|---|--------|
| Nippy's Milks *GF ALL<br>- Chocolate, Strawberry,<br>Honeycomb (Green)              | \$2.00 |
| 100% fruit juices 250ml *GF ALL<br>Orange, Apple or Apple &<br>Blackcurrant (Amber) | \$1.50 |
| Water - plain 600ml (Green) *GF   | \$1.30 |
| 500 ml Flavoured Water (Amber) *GF<br>Raspberry or Lemon                            | \$2    |

## WINTER WARMERS

Available every day at recess from the canteen window

|  |        |
|--|--------|
| "HOT" Milo milk drink (Amber)          | \$1.20 |
| Raisin toast with margarine<br>(Green) | \$1.00 |

