

Romsey Primary School

Canteen Menu – Term 2, 2018

HOT FOOD

Tempura chicken nuggets (serve of 3)	\$2.80
Jaffle spaghetti or baked beans	\$4.00
Tempura fish bites (serve of 3)	\$2.80
Corn on the Cob (serve of 2) GF	\$2.50
Pumpkin soup GF plus white bread roll	\$4.50
Roast pumpkin, onion, garlic, vegetable stock, canola oil	
Sweet Corn Soup GF plus a bread roll	\$4.50
Corn, leek, potato, celery, vegetable stock, canola oil	
Quiche (serve of 1)	\$1.50
Bacon, egg, onion and cheese, puff pastry	
OR Tomato, egg, onion and cheese, puff pastry	
Steamed dim sim	\$1.00
Sweet chilli chicken tender	\$1.80
Toasted sandwich (your choice of)	\$3.50
Ham, cheese, tomato, egg or chicken	
Party Pie (serve of 1)	\$1.00
Egg and Bacon Roll	\$4.50
Pulled Beef and Gavy Roll	\$4.50
Chicken Burger	\$4.50
Crumbed chicken, lettuce, mayo, cheese on a white roll	
Spaghetti Bolognese	\$5.80
Beef mince, onion, garlic, canola oil, crushed tomato, tomato puree, tomato, paste served with spiral pasta.	

Sauces at no extra cost: soy, mayo and tomato

SNACKS

Gingerbread Men	\$2.10
Messy Monkeys—pizza GF	\$1.00
Delites– Sour cream & chives or Sea salt Balsamic GF	\$1.20
Corn toss cheese GF	\$1.00
Popcorn-butter GF	\$1.50
Vegie Chips-Italian Supreme or Honey Soy GF	\$2.00
Yoghurt bars	.20c
Muffins Blueberry or chocolate	\$2.50

FROZEN

Quelches icy poles (No added sugar, 99% fruit juice)	.50c
Splits (large) Raspberry, orange, tropical, wildberry	\$1.00
Slushy Cups MANGO (99% fruit juice)	\$1.50

DRINKS

Just Juice (No added sugar) Apple, orange, passion punch, apple and blackcurrant	\$2.00
Glee juice bubbles (no added sugar 99% juice) Tropical, raspberry, blackcurrant, bubblegum grape	\$2.50
Water 600ml	\$1.00
Hot Milo	\$1.50
Big M - chocolate, strawberry	\$2.50
Milk shakes	\$2.50

Please note:

- ***GREEN** - (healthiest choice) low in saturated fat,/sugar /salt. Low in energy (kilojoules)
- * **AMBER**- (Sometimes consumed) contains some nutritional value although contains saturated fat,/added sugar / salt, also provides to much energy(kilojoules)
- ***RED**- (Rarely Consumed) contains high energy, saturated fat,/sugar /salt, low in important nutrients .
- ***GF**- Gluten Free

ANY ALLERGIES MUST BE NOTED CLEARLY ON YOUR CHILD'S LUNCH ORDER

**Lunch order bags can be supplied by the canteen at a cost of 20 cents per bag. Please add this to the total cost of your order.

**Lunch order bags must be brought to the canteen by the student when they are collecting soup, hot chocolate, milk shakes and frozen items.

Please note that canteen operates **5 days per week this year—Monday to Friday.**

CANTEEN HELPERS NEEDED 1.5 hours Fridays only

If you can help as a volunteer in the canteen, please complete this slip and return it to school or contact Trish (Canteen Manager) on 5429 5099.

Please note that pre-school children cannot attend while you are helping in the canteen due to OHS regulations. You will need to have a current Working With Children card to volunteer at school.

www.workingwithchildren.vic.gov.au (Its free to apply)

Help may only be required once a term, for 1.5hrs on a Friday.

Name:

Phone number: