

Romsey Primary School

Canteen Menu – Term 1, 2018

This menu is effective immediately

<u>HOT FOOD</u>	<u>SNACKS</u>
Tempura chicken nuggets (serve of 3) \$2.80	Gingerbread men \$2.00
Jaffle (spaghetti or baked beans) \$4.00	Delites— Sour cream, sea salt, sweet chilli \$1.20
Tempura fish bites (serve of 3) \$2.80	Corn toss (gluten free) BBQ / cheese \$1.00
Fried rice \$5.80	Popcorn—butter \$1.50
<i>Long grain rice, canola oil, egg, bacon, garlic, onion, oyster sauce, peas, corn, carrots</i>	Muffins—blueberry or choc chip \$2.40
Steamed dim sim \$1.00	Yoghurt bars .20c
Sweet chilli tender \$1.80	<u>FROZEN</u>
Toasted sandwiches \$3.50	Quelches icy poles .50c
Ham, cheese & tomato, or ham & egg	<i>(No added sugar, 99% fruit juice)</i>
Chicken Burger \$4.50	Bulla Yogurt / Splits (large) \$1.50
<i>Crumbed chicken, lettuce, mayo, cheese on a white roll</i>	Raspberry
Travelers Pie \$4.00	Bulla Yogurt/ Splits mini .50c
<u>COLD FOOD</u>	Slushy Cups Strawberry 99% fruit juice \$2.00
Wraps—Ham, tuna, egg or sweet chilli tender \$5.80	<u>DRINKS</u>
+ salads of your choice: lettuce, cucumber, tomato, carrot, beetroot	Just Juice (No added sugar) \$2.00
Fruit salad \$5.80	<i>Apple, orange, passion punch, apple and blackcurrant</i>
<i>Watermelon, rock melon, pineapple, orange, kiwi fruit, strawberries</i>	Big M - chocolate, strawberry \$2.50
Sauces at no extra cost: soy, mayo, and tomato	Milk shakes \$2.50
	<i>Chocolate, strawberry, lime, banana, blue heaven</i>
	Glee juice bubbles \$2.50
	<i>(no added sugar 99% juice)</i>
	<i>Tropical, raspberry, blackcurrant, bubblegum grape</i>

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 .

** Any allergies must be noted on the 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 each Friday

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.

Name:

Phone number: