

Salt Ash Public School CANTEEN MENU

2018

Menu Items	GREEN		AMBER			
	BEST CHOICE	SELECT CAREFULLY	SELECT CAREFULLY	AMBER		
Wraps	Just Salad	\$2.50	Vegemite	\$1.50		
	Just Cheese	\$2.50	Chicken Tender & Salad	\$3.80		
Rolls	Just Diced Roast Chicken	\$3.00	<p><u>We make everything to order.</u> Please write on your order all things you want including; salad items, cheese and sauce. Toasted sandwiches are available if requested.</p>			
	Diced Chicken & Salad	\$3.50				
Sandwiches	Egg & Salad	\$3.50				
	Ham & Salad	\$3.50				
	Ham, Cheese	\$3.50				
	Salmon/Tuna & Salad	\$4.00				
Salad Boxes	Just Salad	\$3.00				
	Cheese & Salad	\$3.50				
	Ham & Salad	\$4.00				
	Diced Chicken & Salad	\$4.00				
	Egg & Salad	\$4.00				
	Salmon/Tuna & Salad	\$4.50				
Salad Options	<p>Salad INCLUDES: lettuce, carrot, tomato, cucumber. Low fat cheese, low fat mayo, sweet chilli sauce, tomato & BBQ sauce are available.</p>					
	Garlic Bread	\$1.50	Dino Nugget (3 pack)	\$2.00		
	Cheesy Garlic Bread	\$2.00	Chicken Tender (each)	\$1.30		
Hot Food						
					Chicken Burger (with Lettuce & Mayo)	\$3.80
					Small Noodles – Chicken	\$1.20
					Thompson's low fat Party Pie	\$1.50
					Thompson's low fat Sausage Roll	\$2.50
	Cheese & Bacon Pizza	\$2.80				
Extras	Pineapple	80c	<p>Sauce Portions: Tomato or BBQ 30c</p>			
	Cheese Slice	50c				

Menu Items	GREEN		AMBER	
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Snacks	Seasonal Fruit	\$1.00	Chips – Plain or Honey Soy	\$1.00
	Seasonal Fruit Cup	\$1.50	Jus – Chicken or Salt & Vinegar	\$1.00
	Corn Coblette	80c	Thompson's Low Fat Choc Chip Muffins	\$1.80
	Grape Cup	80c	Jelly Cup – Red or Green	70c
	Carrot sticks	50c		
	Cucumber sticks	50c		
	Rice Crackers (4)	20c		
Frozen Treats	Frozen Grapes	80c	Ice Mony – 3 Flavours	70c
	Frozen Pineapple Ring	80c	Lemonade Snap Pops	70c
	Juicies – Apple & Blackcurrant or Tropical	70c	Vanilla Ice-cream Cup	\$1.00
	100% Juice Ice Pop – Apple or Orange	20c	Moosies	\$1.00
	Low Fat Ice Milk Pops	20c	Frozen Yogurt Cup	\$1.50
Drinks	Frozen Orange Wedge	10c		
	Bottled Water	\$1.00	Cordial – Green or Orange	30c
	Low Fat Flavoured Milk – Chocolate or Strawberry	\$1.50	99% Juice 250ml – Apple or Orange	\$1.50
	Up & Go – Chocolate, Banana or Vanilla	\$1.50	Quench Water – Blue, Cola or Lemonade	\$1.50
	Warm or Cold Milo	\$1.50		
<p>Items available before school until 8.50: Fruit, Flavoured Milk, Up n Go, Juice, Water</p>				
<p>Reusable lunch order bags in a variety of colours are available for \$10. Canteen open Mondays and Fridays for lunch. Recess will <u>only</u> be open at discretion of volunteers on the day.</p>				
<p>Can you spare a few hours to help?? We ALWAYS NEED VOLUNTEERS. IT'S NOT HARD - IT'S FUN! YOUR KIDS LOVE SEEING YOU IN THE CANTEEN. Please text Julie Peters on 0417 493 687 or drop in and see us in the canteen.</p>				

March 2018
Good for Kids
good for life



Please check Canteen blackboard for specials.