

Salt Ash Public School CANTEEN MENU

2016

Menu Items	GREEN		AMBER	
	BEST CHOICE		SELECT CAREFULLY	
	Wholemeal Sandwiches / Rolls / Wraps		Sandwiches / Rolls / Wraps	
Wraps Rolls Sandwiches	Just Salad	\$2.00	Vegemite	\$1.50
	Just Cheese	\$2.50	Chicken Tender & Salad	\$3.50
	Cheese & Salad	\$3.50		
	Just Diced Roast Chicken	\$3.50		
	Diced Chicken & Salad	\$3.50		
	Egg & Salad	\$3.50		
	Ham & Salad	\$3.50		
	Ham, Cheese	\$3.50		
	Ham & Cheese & Tomato	\$3.50		
	Salmon/Tuna & Salad	\$4.50		
Salad Boxes	Just Salad	\$3.00		
	Cheese & Salad	\$3.50		
	Ham & Salad	\$3.50		
	Diced Chicken & Salad	\$3.50		
	Egg & Salad	\$3.50		
	Salmon/Tuna & Salad	\$4.50		
Salad Options	Salad INCLUDES: lettuce, carrot, tomato, cucumber. <i>Low fat cheese, low fat mayo, sweet chilli sauce, tomato & BBQ sauce are available.</i>			
				
Hot Food	Garlic Bread	\$1.50	Dino Nugget (3 pack)	\$1.80
	Cheesy Garlic Bread	\$2.00	Chicken Tender (each)	\$1.20
			Chicken Burger (with Lettuce & Mayo)	\$3.50
			Small Noodles –Chicken	\$1.20
			Party Pie	\$1.00
			Meat Pie	\$3.00
			Sausage Roll	\$2.00
			Cheese & Bacon Pizza	\$2.50
Extras	Pineapple	50c	Sauce Portions:	
	Cheese Slice	50c	Tomato or BBQ	30c

Menu Items	GREEN		AMBER	
	BEST CHOICE		SELECT CAREFULLY	
	Snacks	Seasonal Fruit	\$1.00	Chips – Plain or Honey Soy
Seasonal Fruit Cup		\$1.50	JJs – Chicken or Salt & Vinegar	\$1.00
Corn Cobbette		50c	Banana Bread	\$1.00
Grape Cup		70c	Chocolate Mousse	\$1.00
Carrot sticks		50c	Jelly Cup – Red or Green	70c
Cucumber sticks		50c		
Rice Crackers (4)		20c		
				
Frozen Treats	Frozen Grapes	70c	Ice Mony – 3 flavours	50c
	Frozen Pineapple Ring	60c	Lemonade Snap Pops	50c
	Juicies – Wildberry, Tropical or Apple	50c	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
	Frozen Orange Wedge	10c		
Drinks	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, Red or Lemonade	\$1.50
	Warm or Cold Milo	\$1.50		
				

Items available before school until 8:50:
Fruit / Carrot, Flavoured Milk, Up n Go, Juice, Water

Reusable lunch order bags in a variety of colours are available for \$10.

Canteen open Mondays and Fridays for lunch.
 Recess will only be open at discretion of volunteers on the day.

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 **Natalie Creedon** on **0414 985 906** or drop in and see us in the canteen.



Please check Canteen blackboard for specials.