



Actively Creating the Future

Para Hills West Primary School



Healthy Eating Menu

PRICE LIST

Updated - 05 August 2016

HEALTHY SNACKS

Snacks & Ice-creams can only be purchased over the counter. (Subject to availability)

Crushie Slushies	\$1.20 & \$1.50
Vege Chips (small) & JJ's	\$1.50
Apple slinkies (own fruit)	20c
Apple slinkies fruit from canteen	50c

FRESH DAILY — TERMS 1 & 4 only

Jelly / custard / fruit cups	\$2.00
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DRINKS

Water	\$2.00
Poppers Juice box (3 flavours)	\$2.00
Milk - BIG M (250ml) <i>choc, strawberry</i>	\$2.50

NO CANS OR SOFT DRINKS

ICECREAM

Quelch (99% juice)	80c
Frozen Yoghurt	80c
Mini Calipo	\$1.50
Paddle Pop	\$1.50
Lemonade Icy twist	\$1.00

Correct change in lunch bags will greatly assist in the preparation of orders. Substitute items will be given if not enough money is received for orders.

Canteen Manageress: - Sandra Price

Contact the school office if you have any queries

8258 2216

ABOUT OUR SCHOOL CANTEEN

The school canteen provides a service to children by supplying nutritious food at a very reasonable cost.

It operates 5 days a week and prides itself on being a HEALTHY CANTEEN.

This new menu meets the DECS healthy eating guidelines.

Children order their lunches by placing them in a container provided in the classroom by 9:00am. Lunch order bags are available to purchase from the front office. 10 for 30 cents. They should be clearly labelled with the child's name, room number, order and correct change.

Children can buy from the canteen at recess and lunchtime.

The canteen is operated each day by a supervisor who is assisted by volunteers to provide healthy and nutritious food for the students.

Volunteers are always needed in the canteen and any offer of help would be greatly appreciated. Please contact the school if you are able to provide support in the canteen.

MAIN MEALS — HOT		Full	Half
Veggie Burger- NEW ITEM veggie Pattie with salad & mayo	\$4.00	N/A	
Cheese burger, home-made Pattie on roll with cheese & barbeque or tomato sauce - (please indicate your choice)	\$4.00	N/A	
Hot dog plain - (sauce extra 30c / cheese extra 60c)	\$4.00	\$2.00	
Meatball Sub with cheese with barbeque or tomato sauce	\$4.00	\$2.00	
Chicken Sub—chicken breast on roll, lettuce & mayo	\$4.00	\$2.00	
Chicken Schnitzel Sub on white roll, salad & mayo	\$4.50		
Parma Sub - Chicken schnitzel with bolognaise sauce and cheese, served on white roll with salad / mayo	\$5.50		
Pizza served on Turkish bread with tomato /barbeque sauce base, topped with Ham & cheese. (chicken is also available)	\$4.00		
SUPREME Pizza or Vegetarian Pizza	\$4.50		
6 Spring Rolls (with sweet chilli sauce)	\$4.00		
Butter Chicken & Rice served with Naan bread	\$5.00		
Spaghetti Bolognaise or Lasagne served with garlic bread	\$5.00		
Salad is available Terms 1 & 4 ONLY	Large	Small	
Salad plate, seasonal salads (Ham or Tuna choice):	\$8.00	\$6.00	

HOT SPUDS	
Plain Spud \$2.50	
<u>EXTRAS on spud (add to the cost)</u>	
Cheese	60 cents
Ham	70 cents
Sour cream lite	30 cents
Salad	\$1.50
Bolognaise sauce	\$1.50
Terms 2 & 3 only	

<i>DAILY SPECIALS - \$2.00 - Recess only</i>	
MON	Muffins, Quiche or Pizza bread
TUES	Taco's, Quiche or Pizza bread
WEDS	Wedges (sour cream / sweet chilli 50 cents extra) or Pizza bread
THURS	Three minute noodles (in a cup) or Pizza bread
FRIDAY	Home made sausage rolls or Pizza bread

Mix & Match - (choose 1 filling or 1/2 & 1/2)		SANDWICHES or ROLLS	
FILLING		FULL	HALF
Salad		\$4.00	\$2.00
Tuna or Egg		\$2.00	\$1.00
Ham		\$3.00	\$1.50
Cheese		\$2.80	\$1.40
Vegemite		\$1.20	60c
Plain Buttered		\$1.00	50c
TOASTIES		FULL	HALF
Ham & Cheese		\$4.00	\$2.00
Baked Beans		\$2.00	\$1.00
Ham		\$3.40	\$1.70
Cheese		\$3.00	\$1.50



EXTRAS	
Ham	70c
Cheese	60c
Lite sour cream	30c
Low fat mayo	30c
Lettuce	50c
Tomato	50c
Gherkin	30c
Tomato or barbeque sauce	30c
Mayonnaise	30c
Pickles	20c

