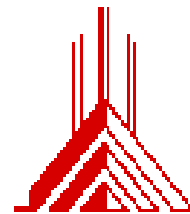


# FORREST PRIMARY TERM 3, 2008



**Canteen open Tuesday - Friday**

Canteen Manager: Rosemary Synnott

Contact: 62951425

[forrestcanteen@optusnet.com.au](mailto:forrestcanteen@optusnet.com.au)

*VOLUNTEERS NEEDED!*

## **Hot Food**

Corn cob (V)	\$1.00
Garlic bread (V) – half a roll	\$0.60
Baked potato (V) - plain	\$0.80
Baked potato (V) - with cheese	\$1.20
Macaroni Cheese (V)	\$3.50
Macaroni Cheese with salad box (V)	\$5.50
Lasagne	\$3.50
Lasagne and salad box	\$5.50
Chicken Tender Torpedo (S) - one chicken tenderloin in a roll with lettuce, tomato and mayo	\$3.20
Chicken tenderloin (S)	\$1.30
Spring roll (V) (S)	\$0.50
Sausage roll (S)	\$2.50
Half a sausage roll (S)	\$1.40
Pizza Rounda (S) hot dough pocket & pizza filling	\$2.50
Pizza muffin - ham & cheese	\$2.00
Pizza muffin - cheese (V)	\$1.00
Hot dog (S) - in a bun with tomato sauce	\$2.50
Hot dog (S) - on bread with tomato sauce	\$1.80

## **Sandwich or/ Roll or/ Wrap (W)**

All breads & rolls served wholemeal without margarine unless specified

Chicken	\$2.00 / \$2.50 / \$2.40
Chicken tenderloin	\$1.70 / \$2.30 / \$2.20
Ham	\$1.80 / \$2.40 / \$2.30
Cheese	\$1.40 / \$1.90 / \$1.80
Egg	\$1.60 / \$2.10 / \$2.00
All salad - tomato, cucumber, lettuce, beetroot, grated carrot, capsicum	\$2.50 / \$3.00 / \$2.90
Honey (S)	\$1.00 / \$1.50 / \$1.40
Vegemite (S)	\$1.00 / \$1.50 / \$1.40

## **Additions to sandwich / roll /wraps**

Mayonnaise (S)	\$0.20
Margarine (S)	\$0.20
Tomato	\$1.00
Cucumber, lettuce, capsicum cost of each item	\$0.50
Beetroot, grated carrot – cost of each item	\$0.20
Cheese 1 slice	\$0.50
Toasted - add to cost	\$0.50

## **Salad Box**

All salad boxes served with a slice of wholemeal bread and all salads

Ham	\$3.80
Chicken	\$3.80
Chicken tenderloin	\$3.80
Egg (V)	\$3.40
All salad (V)	\$2.50

## **Drinks**

MOOVE - Strawberry/Choc/Banana	\$1.70
Plain milk (S)	\$1.10
Just Juice (S) – apple, apple & blackcurrant or orange & mango	\$1.60
Bottled Water	\$1.20

## **Snacks**

Popcorn air popped – plain, or topped with chicken salt, salt, salt and vinegar or BBQ or icing sugar	\$0.70
Dried Mango per slice	\$0.20
Ovalteenies (S)	\$1.00
Carrot sticks	\$0.10
Slinky apple - only over the counter	\$0.70
BYO apple - we slinky - only over the counter	\$0.20

\*\* See the canteen board for daily specials for term 3 this will include Raisin toast soup etc.

## **Frozen Treats**

Juicies – wild berry, apple or orange	\$0.70
½ a Juicie	\$0.40
Frozen yoghurt (S) - strawberry or mango	\$1.70
Moosies (S) - chocolate or strawberry frozen milk	\$1.50
½ a Moosie (S)	\$0.80

**Placing your child's lunch order:** Please write your child's name and class followed by the food order on a paper bag or write on the front of an envelope and add 10c. Place money inside the bag. The exact amount is preferred. If change has to be given, it will be taped on the outside of the bag, and returned to class. Pack of lunch bags (10) available at \$0.70, single lunch bag 10c.

## **Healthy Canteen Policy!**

Our focus is on healthy eating and lifestyle choices, reinforcing the school nutritional curriculum. The canteen has a nutrition policy adopted by the P&C please contact us if you would like a copy. To keep our menu in line with our nutrition policy, foods which have moderate levels of saturated fat and/or added sugar and/or salt are identified as select carefully foods (S). In large serve sizes these foods can contribute to excess energy (kj).

Key: (V) = Vegetarian (S) = Sometimes foods (choose these carefully) (W) = All choices are prepared without margarine unless requested