



Jells Park Primary School

Canteen Menu - Term 2, 2009



Canteen opens 5 days a week and your friendly canteen manager is Amy (Phone: 9560 6494).

1. To order, please place correct money securely in a lunch bag with child's name, grade & amount enclosed (NO sticky tape or staples).
2. Please add 10 cents if you do not have a bag.
3. To safeguard the welfare of our students with allergies to peanuts, our canteen does not stock or serve nut products.
4. There is no deep frying of food at our canteen, just ovenbaked.
5. Please send us a note if your child has a food allergy.

Healthy Choices *(All products meet the Go for your life 'Green' food criteria)*

Sandwiches (Choose Wholemeal or White Bread)

Jaffles (toasted sandwiches)	Extra	0.20
Ham or Tuna or Egg		2.00
Cheese or Vegemite		2.00
Baked beans or Spaghetti		2.50
Salad (Lettuce, Tomato, Carrot)		2.50
Roasted Chicken (with Lettuce & Mayo)		3.00
BLT (Bacon, Lettuce and Tomato)		3.00
Extra filling (each) ie. Lettuce, Ham, Tomato, Cheese, etc.		0.50



Garden Salads (with bread sticks)

Salad bowl (Lettuce, tomato, cucumber, carrot & cheese)	3.20
Extras (each) ie. tuna, egg, roasted chicken, Dinosnack	0.60

Drinks

Spring Water (350ml)	1.20
Just Juice Box - Apple or Orange (200ml)	1.40
Big M - Chocolate or Strawberry (250ml)	1.80
PlayWater - Lemonade/Raspberry/Blackcurrant (350ml)	1.80

Frozen Foods

Frozen Pineapple Ring or Half Orange	0.50
Frozen Juice Cup - Apple, orange or pineapple	0.90
Frozen Yoghurt Tube	0.90
Frozen Quelch (Juice tube)	0.60



Hot Food

Pizza Margarita (97% Fat Free)	3.00
Homemade Fried Rice (Vegetarian/Chicken/Bacon with veg.)	3.00
Homemade Macaroni Cheese	3.20
Spaghetti Bolognese (97% Fat Free)	3.50
Lasagna - Beef (97% Fat Free)	3.50
Gourmet Beef Burger (with Cheese, Lettuce & Tomato sauce)	3.50
Chicken Burger (with Lettuce & Mayo)	3.50
Vege Burger (with Lettuce & Tomato sauce)	3.50
Sweet Chilli Chicken Bun (with Lettuce & Mayo)	3.50
BLT Bun (Bacon, Lettuce and Tomato)	3.50
Jacketed Potato (with margarine, cheese & diced bacon)	3.50
Homemade Pumpkin Soup	1.60
Corn on the Cob	1.00

Snacks, Frozen Foods

Fresh Fruit - Apple or Orange	1.00
Rainbow Fresh Fruits Box (mixed fresh fruits)	2.00
Carrot Sticks (4)	0.60
Strawberry and marshmallow man	0.80
Jelly Cup with fruit	1.00
Boiled Egg	0.80
Homemade Low Fat Muffin (Large \$1.00, Mini \$0.50)	1.00
Popcorn (Butter)	1.20
Toast Garlic Bread	0.50
ANZAC cookie	0.30



Yummy Specials



MONDAY

Sausage Roll + Pineapple Ring + Large Muffin 3.80

TUESDAY

Roast Chicken Wrap + Frozen Yoghurt Tube 4.00

WEDNESDAY

Nachos with Cheese & Salsa + Just Juice Box 4.00

THURSDAY

Hungry Box (1 Party Pie, 2 Potato Smileys, 2 Dinosnacks, 3 Wedges & 1 Corn Cob) 4.50



Select Carefully food choices (All products meet the Go for your life 'Amber' food criteria)

Hot Food

Sausage Roll	2.50
Meat Pie	2.80
Nachos (Corn chips with Cheese & Salsa)	2.80
Noodle in a cup (Beef or Chicken)	2.50
Pizza Hawaiian or Supreme	2.50
Hot Dog	2.50
Hot Dog with Cheese	2.80
Mini Hot Dog	1.80
Party Pie	1.00
Party Sausage Roll	1.00
Steamed Dim Sim (Large)	0.90
Steamed Dim Sim (Mini)	0.40

Hot Snacks

Sweet Chilli Chicken Tender (2)	3.00
Dinosnacks (3) \$2.00 (4) \$2.50	2.50
Chicken Nuggets (3) \$2.00 (4) \$2.50	2.50
Potato Wedges (8)	1.50
Potato Smileys (3)	1.20
Hash Brown	1.00

**Snacks**

JJ snacks (pizza, burger, chicken, salt & vinegar, chicken noodle)	1.20
Ginger Bread Man	1.60
Mamme Noodle snack	0.80

Drinks

Slush Puppies (berry/cherry/lime)	1.60
Sipahh Straw with Milk	1.40
Warm Chocolate / Warm Milo	1.40

Frozen Treats

Paddle Pop Moo	1.50
Paddle Pop (Choc or Rainbow)	1.40
Ice Cream Cup (with Milo)	1.00
Icy Twist	1.00

Sauces

Tomato Sauce / Soy Sauce	0.20
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