



Avoca Beach Primary School Canteen Menu / Pricelist



Prices Current from May, 2009
Member of the Healthy School Kids Canteen Association

Recess Items: (Please order)

| | |
|---|--------|
| Pikelets (each, with jam or margarine) | 50¢ |
| Garlic Bread (half bread roll) | 80¢ |
| Cheesy Melt (half roll, tomato paste, cheese melted) | \$1.00 |
| Vegemite or Jam toast (per slice) | \$1.00 |
| Raisin Toast (per slice) | \$1.00 |
| Vitaweet (Cheese or vegemite-2 together) | 80¢ |

Recess Items: (Order or over the counter sales)

| | |
|--|--------------|
| Apple (inc. Curly Wirly) | 80¢ |
| Orange | 80¢ |
| Grapes (small bunch) | 80¢ |
| Banana | 80¢ |
| Frozen orange piece or Frozen grape | 5¢ |
| Frozen Pineapple Ring | 30¢ |
| Fruit Snack Pack | \$1.00 |
| Fruity Bix (each) | 5¢ |
| Fruity Bites (two) | 5¢ |
| Rice cracker (each) | 10¢ |
| Frozen Mushroom (Choc, Straw, Apple, Orange) (milk/juice frozen in a mushroom shape) | 20¢ |
| Small Cheese & Bacon Roll (Half) | 50¢ |
| Small Cheese & Bacon Roll (Full) | \$1.00 |
| Finger Bun (Piece) | 30¢ |
| Finger Bun (Half) | 80¢ |
| Warm Popcorn | 80¢ |
| Chocolate Mousse | \$1.00 |
| Vege Crackers (honey soy, Salt & vinegar) – limit 1pkt | \$1.00 |
| Red Rock Chips (honey soy chicken, plain)– limit 1pkt | \$1.00 |
| Drinks (See drink list, over page) | price varies |




Bring your Apple from home and we will make it a **Curly Wirly** Apple  for **20¢**.
* **Free frozen mushroom** with every salad container.

Lunch Items: (Hot Food & Special Wraps over page)

Wrap, Roll, Sandwich or Teacher plate (Please Order)
N.B. Sandwiches will be on wholemeal bread unless otherwise stated

| | |
|---|--------|
| Salad (Lettuce, Tomato, Beetroot, Cucumber, Carrot, Alfalfa) | \$2.80 |
| Ham | \$2.50 |
| Ham, Cheese & Tomato | \$3.30 |
| Ham & Salad | \$3.30 |
| Ham, Cheese & Salad | \$3.50 |
| Sliced Chicken | \$2.50 |
| Sliced Chicken & Lettuce | \$2.80 |
| Sliced Chicken & Salad | \$3.30 |
| Tuna | \$2.80 |
| Tuna & Salad | \$3.30 |
| Cheese | \$2.50 |
| Cheese & Tomato | \$2.80 |
| Cheese & Salad | \$3.30 |
| Egg | \$2.50 |
| Egg & Lettuce | \$2.80 |
| Egg & Salad | \$3.30 |
| Spaghetti | \$2.50 |
| Baked Beans | \$2.50 |
| Vegemite | \$2.00 |
| Vegemite & Cheese | \$2.50 |
| Jam | \$2.00 |
| Small Salad in Container (Plus Free frozen mushroom) | \$2.00 |
| Tuna Tub (John West) | \$2.50 |

- Can't find what you want on your wrap, roll or sandwich?..... Find the main ingredient & **add 30¢** for each additional ingredient.
- **Toast** it for an **extra 50¢** or **Warm** it in the oven for an **extra 50¢**



BOLD writing indicates our '**GREEN**' food.
Order **ALL 'GREEN'** food items at lunch to receive a ticket.....
Collect 5 tickets for a **Free Icy Bite!**

COMPLIMENTARY EXTRAS: (please request) Mayonnaise, Curry, Salt and Pepper.

IMPORTANT INFORMATION:

- Margarine is standard on sandwiches & rolls unless requested otherwise.
- Wraps have no margarine unless requested otherwise.
- Recess & Lunch orders are to be on separate bags & handed into the office **before 9.15am**. Include Child's name, class & money. Bags from canteen cost 20¢.
- Fruit is Seasonal & may be unavailable at times. Recess items are also available at lunch either by order or over the counter.



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Lunch Items: (Continued ...)

Special Wraps (Please Order)

| | |
|--|--------|
| Warm Tender Wrap | \$3.00 |
| <i>(Warm chicken tender, lettuce, cheese & mayonnaise)</i> | |
| Warm Tender & Salad Wrap | \$4.00 |
| <i>(Warm tender, cheese, mayonnaise & full salad)</i> | |
| Sweet Chilli Wrap | \$3.00 |
| <i>(Warm tender, lettuce, cheese & sweet chilli sauce)</i> | |
| Hawaiian Wrap | \$3.00 |
| <i>(Ham, cheese & pineapple)</i> | |
| Warm Hawaiian Wrap | \$3.50 |
| <i>(Ham, cheese & pineapple warmed in oven)</i> | |
| Toasted Hawaiian Wrap | \$3.50 |
| <i>(Ham, cheese & pineapple toasted)</i> | |

Special Burgers (Please Order)

| | |
|---|--------|
| Chicken Burger | \$3.00 |
| <i>(Chicken pattie, lettuce & mayo)</i> | |
| Chicken & Salad Burger | \$4.00 |
| <i>(Chicken pattie, mayonnaise & full salad)</i> | |
| Vegie Burger | \$3.00 |
| <i>(Vegie burger pattie, lettuce & sweet chilli sauce)</i> | |
| Vegie & Salad Burger | \$4.00 |
| <i>(Vegie burger pattie, sweet chilli sauce & full salad)</i> | |
| Cheesy Bacon Burger | \$2.50 |
| <i>(Large Bacon & Cheese Roll warmed in the oven)</i> | |

Hot Food (Please Order)

| | |
|---|--------|
| Chicken Nugget | 50¢ |
| Corn on the Cob | 80¢ |
| Mini Spring Roll | 80¢ |
| Hash Brown | \$1.00 |
| Chicken Tenderloin | \$1.40 |
| Small Meat Pie | \$2.00 |
| Sausage Roll | \$2.20 |
| Pizza (Hawaiian/Margarita) | \$2.50 |
| Potato Top Pie | \$2.80 |
| Large Meat Pie | \$2.80 |
| Chicken Noodle Cup <i>(child to collect from Canteen)</i> | \$2.80 |
| Lasagne | \$3.00 |
| Macaroni Cheese | \$3.00 |
| Hot Sliced Chicken Roll | \$3.00 |
| Hot Cheese Roll | \$3.00 |



BOLD writing indicates our 'GREEN' food.
Order **ALL** 'GREEN' food items at lunch to receive a ticket....
Collect 5 tickets for a **Free Icy Bite!**
(There's plenty of Green choices on the other side.)

Drinks: (Available Recess & Lunch)

| | |
|---|--------|
| Warm Milo | \$1.00 |
| Small Water | \$1.40 |
| Large Water | \$1.80 |
| Small Milk (Chocolate, Strawberry) | \$1.40 |
| Large Milk (Chocolate, Strawberry, Banana) | \$2.00 |
| Plain Milk | \$1.60 |
| Small Juice (Apple, Orange, Passio) | \$1.40 |
| Large Juice (Apple, Orange) | \$2.00 |
| Small Playwater (Raspberry, Blackcurrant) | \$2.00 |
| Quench (Orange, Raspberry) | \$2.20 |

Frozen Items:

(By Order or over the counter at lunch, Second bell)

| | |
|---|--------|
| Frozen Orange Piece | 5¢ |
| Frozen Grape | 5¢ |
| Frozen Mushroom (Chocolate, Strawberry, Apple, Orange) | 20¢ |
| <i>Frozen milk, juice frozen in mushroom shape</i> | |
| Frozen Pineapple Ring | 30¢ |
| Icybite | 50¢ |
| Yogo Ice | 50¢ |
| Juicy Cup (Apple or Orange) | 80¢ |
| Callipo Minis (Lemon, Raspberry/Pine) | 80¢ |
| Paddle Pop (Rainbow, Chocolate) | \$1.30 |
| Paddle Pop Moo | \$1.30 |
| Frozen Yoghurt in a tub (Peach, Mango, Strawberry) | \$1.50 |
| Slushie (flavours vary) | \$1.50 |



* Ice blocks/slushies are only available at lunch, either ordered or over the counter sale. Return with your bag to collect frozen items at second bell.
*Frozen Mushrooms & Frozen fruit is available at Recess.

- Our Canteen is open Daily from 9.15am to 1.45pm
- Please hand all orders into the school office **before 9.15am**.
- Please see our School weekly newsletter for our 'Canteen News' and 'Canteen Special Days'. Our 'Canteen Special days' are usually for a special occasion, to promote healthy food choices or try a new food item. Most special days, orders are required to be in at the Canteen 2 days prior and no other usual lunch orders are available.
- We rely on volunteers to enable the Canteen to operate daily. If you would like to assist in the Canteen either once or twice a term please contact the Canteen Supervisor through the School office on 4382 1416
- We follow the Government and Canteen Associations Guidelines. Please do not hesitate to contact the Canteen Supervisor about any products and their ingredients we stock in the Canteen.
- Remember: FRESH IS BEST!