




There are 3 ways to place your canteen orders

- 1. At the Canteen**
-Thursday mornings 8.30am – 10.00am
- Friday mornings for Emergency only
(Limited menu on Fridays)
- 2. At the Front Office** - by Wednesday afternoon
- 3. Term Order:** at the canteen or by using the form available from the canteen, office or online

SPECIALS


Snack Tray 3.50 
(Sultanas, Cheese, Egg, Carrot,
Celery, Hummus, Bread & Butter)


Strips & Sticks Box 4.00 
(Chicken strips, Carrot, Cucumber
Celery, Cheese)

Chicken Carrot and Noodle Box 4.00 
(Noodles, Chicken, Cucumber,
Capsicum, Carrot, Soy Sauce)








Hot Chilli Chicken Roll 4.00 

Hot Ham & Cheese Roll 4.00 

GPC SUSHI 7.00 
Chicken, Tuna, Vegetarian,
California or as a mixed pack

RICE PAPER ROLLS 7.00 
Chicken, Vegetarian, Prawn





SANDWICHES

Vegemite 2.00 
Salad Sandwich 3.50 
Ham & Salad 4.00 
Cheese & Salad 4.00 
Tuna & Salad 4.00 
Chicken & Salad 4.00 
Egg Lettuce & Mayo 4.00 

If roll or wraps required add .50c


Salad consists of carrot, lettuce, cucumber & tomato

PASTRIES GOOD EATING RANGE

Snack Pies 2.00 
Sausage Roll 3.50 
Large Pies 4.00 
Tomato Sauce portion .50 

DRINKS AND YOGHURTS

Nudies
Apple, Tropical 2.50 

Milks
Chocolate, Banana, Strawberry 2.50 

Yoghurts
Vanilla, Strawberry 2.50 




RECESS SALES

CAN BE PRE ORDERED

Rice Cakes each .20 
Pikelets .50 
½ Vegemite roll .80 
Popcorn .80 
Vegetable Sticks & Hummus Cups 1.00 
Bliss Balls 1.00 
Frozen Pineapple Rings 1.00 
Apple Slinky 1.00 
Fruit Smoothies 2.00 
Cheesies 2.00 
Veggie Chips 2.00 
Muffins 2.50 

AFTER LUNCH SALES

Not for Pre Primaries or Kindy

G/C Juicy Fruit Sticks .80 
Vanilla Buckets 1.50 
Fandangles 1.50 

*****ALLERGIES*****

Should your Children have any allergies to any of the foods in the canteen? Please advise us!

Red dots will be provided to place on lunch bags, for children with allergies.

If you wish to bring in your own foods for your child who has allergies, please label, wrap and contain these. So they can be stored separately or frozen from other foods.

WE NEED YOUR HELP

Please volunteer when your class representative requests assistance.

Without your help the Canteen cannot function properly

If no help available on the day, we will operate on a minimal menu and no pre-ordering of recess

There are two shifts that require volunteers each week, either:

8.30am - 11.00am (morning tea provided); or
12.00pm – 1.30pm (lunch provided)

Lunch order bags must have child's name and class number. And correct money if possible. Please no staples or sticky tape to be used on bags

If your child is supplied lunch because they have forgotten there's, or they have lost the money a note will be sent home requesting payment

ABSENT ON FRIDAYS WHEN LUNCH ORDERED:

Please note that unless notified the canteen will prepare your child's lunch order.

So if your child is sick please advice Louise on 0418 944 686, or by dropping into the canteen, so the food does not go to waste

If advised before 9.30am then Louise can carry the order over to the next week

Unfortunately if she is not advised before 9.30am on the Friday of the order no refund or order for the following week will be provided

HEALTHY FOOD AND DRINK CHOICES

The aim of the canteen is: to provide an enjoyable, nutritious and attractively presented selection of food and drinks at reasonable prices.

Its purpose is: to demonstrate to students and parents the value placed on healthy eating practices.

As required by the Department of Education's Healthy Food & Drink policy, we cook, sell and use only reduced **fat, dairy, lean meats and reduced fat spreads** in the canteen.

Although the fact that the policy does not restrict additives such as preservatives and colourings, we have taken care to exclude these from the choices available **where possible** in the Canteen.

The emphasis in our Canteen is on providing items that come under the GREEN 🍃 section of foods which we are able to sell daily, such as fruits, salads, lean meats and reduced fat dairy.

We also offer a selection of options under the AMBER 🧡 section (i.e.: pastries, pizza, etc) Choose Carefully.

Should you wish to view any of the guidelines or our Canteen policy please feel free to come to the Canteen.

The Canteen may from time to time offer additional foods in conjunction with school curriculum or special promotions, such as Fruit & Veg Month, Healthy Bones Week, etc which will be advertised in advance.

NORTH BEACH PRIMARY SCHOOL

SUMMER CANTEEN MENU

TERM 4 2017
&
TERM 1 2018



Canteen Manager
Louise: 0418 944 686

Placing of lunch and recess orders
Thursdays 8.30am – 10.00am

Volunteer Shifts

1st Shift: 8.30am – 11.00am
2nd Shift: 12.00pm – 1.30pm