


**PLEASE NOTE:**






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
- 2. At the Front Office before Wednesday afternoon**
- 3. Term Order at the canteen or by using the form available from the canteen, office or online**


**TOASTED SANDWICHES**

Cheese	3.00	
Cheese & Tomato	3.50	
Ham & Cheese	3.50	
Ham Cheese & Tomato	4.00	

**PASTRIES**







Snack Pies	2.00	
Sausage Rolls	3.50	
Pies	4.00	
Vegetable Pasties	4.00	
Tomato Sauce Portion	.50	

**SPECIALS**

Stuffed Jacket Potatoes 5.00   
(Savoury mince & grated cheese)

County Cuppa Soup & Roll 4.00 







**SANDWICHES**

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

*If roll or wraps required add .50c*

*Salad consists of carrot, lettuce  
Cucumber, tomato*

**DRINKS AND YOGHURTS**

Plain Hi Lo Milk	1.50	
Chocolate Milk	2.50	
Banana Milk	2.50	
Strawberry Milk	2.50	
Apple Nudie	2.50	
Tropical Nudie	2.50	

**YOGHURTS**

Vanilla, Strawberry 2.50 




**RECESS SALES**

**CAN BE PRE ORDERED**

Toasted Fruit Loaf	.50	
Pikelets	.50	
Popcorn	.80	
Milo	1.00	
Apple Slinky	1.00	
Hot Vegemite & Cheese Roll	1.30	
Mini Pizza	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 let me know.  
**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

## VOLUNTEER ROSTER

### **WE NEED YOUR HELP – PLEASE VOLUNTEER WHEN YOU'RE CLASS REPRESENTATIVES REQUEST 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

***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 lost money they will be charged and this will be sent home for payment***

### **ABSENT ON FRIDAYS WHEN LUNCH ORDERED:**

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

If your child is sick please advise Louise on 0418 944 686, 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 guide lines 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

### WINTER CANTEEN MENU

TERM 2 & 3 2018



**Canteen Manager  
Louise  
0418 944 686**

**Thursdays 8.30am – 10.00am  
Placing of lunch orders only**

**Friday for Recess and Lunch  
8.30am 11.30am**