



THE CRUNCHY CARROT CANTEEN MENU 2019

CANTEEN IS CLOSED ON TUESDAYS

RECESS ITEMS

G Lebanese Pizza Slice (YR1 TO YR6 ONLY)	1.00
G Apple Slinky	0.90
G Watermelon Slice	0.70
G Fruit Salad Cup	1.80
G Jelly, Fruit Cup	1.20
G Jelly, Fruit & custard	1.60
G Yumbo	2.50
½ pita with ham & cheese (melted)	
G Cheesie	2.00
G Ham Cheesie	2.50
G Pikelet – buttered	0.70
G Muffin	1.00
Blueberry / Banana / Apple & Cinnamon	
G Fruit Toast (2 slices)	1.50
G Dip and Sticks	1.50
Savoury Dip, carrot & celery sticks	
G Popcorn Bag	0.50

**RECESS ITEMS AVAILABLE TO KINDY AND
PRE-PRIMARY
WILL BE DELIVERED AT LUNCHTIME**

DRINKS

**PLS NOTE KINDY & PRE-PRIMARY IS A WATER ONLY
ZONE**

G Milk Chill	2.50
Chocolate, Strawberry, Banana, Neopolitan	
G Milk - plain	2.00
G Water	2.00
G Hot Chocolate	1.50
Hot Chocolates to be collected from canteen	
A Fruit Box	1.20
Orange, Apple & Apple Blackcurrent	
ACPS REUSABLE CUP	9.00
1ST HOT CHOCOLATE FREE !!!!!	

AVAILABLE DAILY

SANDWICHES - WHOLEMEAL ONLY OR WHITE WRAP

G Cheese	3.50
G Ham	4.00
G Chicken	4.00
G Tuna	3.50
G Vegemite	3.00
G Vegemite and Cheese	3.50
G Salad	3.50
G Ham and Salad	4.70
G Chicken and Salad	4.70
G Cheese and Salad	4.50
G Tuna and Salad	4.70
EXTRAS - Cheese/Beetroot or Mayo	0.50
GLUTEN FREE BREAD	0.50

**SALAD CONSIST OF LETTUCE, GRATED
CARROT
TOMATO & CUCUMBER**

TOASTED SANDWICHES

G Vegemite and Cheese	3.50
G Baked Beans	3.50
G Ham	4.00
G Ham and Cheese	4.50
G Ham, Cheese and Tomato	4.70
G Chicken	4.00
G Chicken and Cheese	4.50
G Tuna	4.00
G Cheese	3.50
G Cheese and Tomato	4.00
EXTRAS - Cheese / Mayo & GF Bread	

HEALTHY FOOD AND DRINK CHOICES



are placed into

Our school adheres to the Healthy Food and Drink Choices Policy introduced

Government in 2006. It is referred to as the "Traffic Light System" as foods

Categories based on a Traffic Light.

GREEN FOODS ARE EVERYDAY CHOICES – FRUIT & VEG, BREADS, LOW FAT DAIRY. LEAN MEAT ETC

AMBER FOODS SHOULD BE SELECTED CAREFULLY OR LIMITED FROM YOUR DAILY INTAKE

RED FOODS ARE HIGH IN FAT AND SUGAR AND WILL NOT BE AVAILABLE FROM THE CANTEEN

AVAILABLE DAILY FOR LUNCH

G Sweet Chicken chilli wrap w/salad, cheese & mayo	5.20
G Hot Chicken & Mayo Roll	4.50
G Mini Chicken & Mayo	2.80
G Meatball Sub w/melted cheese	4.60
G Lasagne	5.50
G Spaghetti Bolognese	5.50
G Macaroni & Cheese	5.50
G Fried Rice	5.50
G Stuffed Spud - topped w/cheese	4.00
Savoury Mince, Ham or Baked Beans	
G Salad Tub	4.00
Add Chicken, Ham or Tuna	1.00
Add Cheese/Pineapple/Beetroot Or Avocado	0.50
G Sushi	4.00
Crispy Chicken	
Teriyaki Chicken & Tuna – GLUTEN FREE	
G Hamburger w/sauce and salad	5.00
G Chicken Burger w/salad & mayo	5.00
G Fish Burger w/salad & mayo	5.00
Add Cheese	0.50
LUNCH BAGS – PACK 25	1.00

WEEKLY SPECIALS

MONDAY & THURSDAY

G Pizza Slab	3.50
Meatlovers, Pineapple Paradise, Ham Hero, Very Veggie	
G Nachos w/cheese	4.50
Add sour cream	0.50

WEDNESDAY - HOT DOGS

A Hotdog w/sauce	4.00
A Puppy dog w/sauce ½ hotdog	2.00
A Chicken Drummy – Limit of 4	1.80

FRIDAY SPECIAL

A Pie	3.60
A Potato Pie	4.00
A Party Pie – (Limit x 4)	1.20
A Sausage Roll	3.20
A Spinach and Ricotta Roll	3.60
A G/F Pie	5.30
Sauce	0.50

SWEET TREATS – LUNCH ONLY NOT AVAILABLE TO KINDY OR PRE-PRIMARY

A Frosty Fruit	1.60
A Paddlepop – choc or rainbow	1.60
A Ice Cream Bucket	1.60
A Juice Pops	0.60
G Milk Pops	1.00

To order please use our CDF Pay online or alternatively drop into class tubs
Kindy - YR2 and canteen YR3-YR6

Our canteen relies greatly on the support of our volunteers - thankyou. If you
are able to help out please drop by the canteen and see me.

Natalie Van Den Dolder - Canteen Manager