



# THE CRUNCHY CARROT

CANTEEN MENU 2018

**CANTEEN IS CLOSED TUESDAYS**

## RECESS ITEMS

G Lebanese Pizza Slice	1.00
<b>THIS ITEM NOT AVAILABLE TO KINDY OR PRE-PRIMARY</b>	
<b>ALL OTHER ITEMS AVAILABLE DAILY FOR KINDY &amp; PRE-PRIMARY – DELIVERED @ LUNCHTIME</b>	
G Apple Slinky	0.80
G Watermelon Slice	0.70
G Fruit Salad Cup	1.80
G Fruit and Jelly Cup	1.20
G Cheesie	1.80
G Ham Cheesie	2.40
G Corn on the Cob	1.00
G Pikelet - buttered	0.70
G Muffin	1.00
Blueberry / Banana / Apple & Cinnamon	
G Fruit Toast (2 slices)	1.00
G Gobble Bag	0.50
Carrot & Celery Sticks, Grapes	
G Popcorn Bag	0.50

## DRINKS

G Milk Chill	2.40
<b>Chocolate, Strawberry, Banana, Neopolitan</b>	
G Milk - plain	1.80
G Water	2.00
G Water Buddy	1.20
G Hot Chocolate	1.20
<b>Hot Chocolates to be collected from canteen for YRS 1 – 6</b>	
A Fruit Box	1.00
<b>Orange, Apple &amp; Apple Blackcurrent</b>	

## SWEET TREATS - LUNCH ONLY

**NOT AVAILABLE TO KINDY OR PRE-PRIMARY**

A Frosty Fruit	1.50
A Paddlepop – choc	1.60
A Ice Cream Bucket	1.60
A Juice Pops	0.50
G Milk Pops	0.50

## AVAILABLE EVERY DAY SANDWICHES - WHOLEMEAL ONLY

G Cheese	3.00
G Ham	3.50
G Chicken	4.00
G Tuna	3.50
G Vegemite	2.50
G Vegemite and Cheese	3.00
G Salad	3.00
G Ham and Salad	4.50
G Chicken and Salad	4.50
G Cheese and Salad	4.50
G Tuna and Salad	4.50

**EXTRAS - Cheese/Beetroot or Mayo 0.50**  
**GLUTEN FREE BREAD 0.50**

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

## WRAPS

G Vegemite	2.50
G Cheese	3.50
G Ham	4.00
G Chicken	4.00
G Tuna	4.00
G Salad	3.50
G Cheese and Salad	4.50
G Ham and Salad	4.70
G Chicken and Salad	4.70
G Tuna and Salad	4.70

**Add - Cheese / Beetroot or Mayo 0.50**

## TOASTED SANDWICHES

G Vegemite	2.50
G Vegemite and Cheese	3.00
G Baked Beans	3.50
G Ham	3.50
G Ham and Cheese	4.00
G Ham, Cheese and Tomato	4.50
G Chicken	4.00
G Chicken and Cheese	4.50
G Tuna	3.50
G Cheese	3.00
G Cheese and Tomato	3.50

**Add - Pineapple / Cheese or Mayo 0.50**



ACPS REUSUABLE CUPS \$9  
AVAILABLE FROM CANTEEN  
FIRST HOT CHOCCIE FREE

## AVAILABLE DAILY FOR LUNCH

G Sweet Chicken chilli wrap w/salad, cheese & mayo	5.00
G Hot Chicken & Mayo Roll	4.50
G Mini Chicken & Mayo	2.80
G Meatball Sub w/melted cheese	4.60
G Lasagna	5.50
G G/F Lasagna	5.50
G Macaroni & Cheese	5.50
G Fried Rice	5.50
G Stuffed Spud - topped w/cheese	4.00
<b>Savoury Mince, Ham or Baked Beans</b>	
G Salad Tub	4.00
<b>Add</b> Chicken, Ham or Tuna	1.00
<b>Add</b> Cheese/Pineapple/Beetroot Or Avocado	0.50
G Sushi	4.00
<b>Crispy Chicken</b>	
<b>Teriyaki Chicken &amp; Tuna – GLUTEN FREE</b>	

## HEALTHY FOOD AND DRINK CHOICES

GREEN FOODS ARE EVERYDAY CHOICES

FRUIT & VEG, BREADS, LEAN MEATS, LOW FAT DAIRY 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



## WEEKLY SPECIALS

### MONDAY BURGERS

G Hamburger w/sauce & salad	5.00
G Chicken Burger w/ salad & mayo	5.00
G Fish Burger w/salad & mayo	5.00
<b>ADD CHEESE</b>	<b>0.50</b>

### WEDNESDAY - HOT DOGS

A Hotdog w/sauce	3.60
A Puppy dog w/sauce <i>½ hotdog</i>	1.80
A Chicken Drummy – Limit of 4	1.80

### THURSDAY - PIZZA SLABS

G Pineapple Paradise	3.20
G Ham Hero	3.20
G Mad Meatlovers	3.20
G Very Vegetarian	3.20

### FRIDAY SPECIAL

A Pie	3.50
A Potato Pie	4.00
A Party Pie – (Limit x 4)	1.20
A Sausage Roll	3.00
A Spinach and Ricotta Roll	3.50
A G/F Pie	5.30
<b>SAUCE</b>	<b>0.50</b>

### LUNCH BAGS - PACK 25

1.00

To order please use our CDF Pay online or alternatively drop into class tubs Kindy - YR2 and canteen YR3 - YR6 (please fill out separate bags for recess and lunch when placing in tubs). 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 and let me know what day would best suit you. Just 1 day a term would be such a great help.

Natalie Van Den Dolder - Canteen Manager

