

# NARROGIN PRIMARY SCHOOL CANTEEN MENU (15<sup>th</sup> May 2018)

## RECESS

Air-Popped Popcorn	\$1.00
Cheesie	\$1.00
Fresh Fruit <i>(seasonal)</i>	\$1.00
Fruit Jelly Cup	\$0.50
'Milo' – warm drink <i>(pre order only)</i>	\$1.50
'Milo' Dairy Snack <i>(100g)</i>	\$1.00
Muffin <i>(Swirl, Choc top, Vanilla, &amp; Chocolate)</i>	\$0.80
Muffin - Friday special	\$0.50
Pretzels	\$1.00
Pikelet - Friday special only	\$0.50
Sub – Pizza –Ham, Pineapple & Cheese	\$1.00
Sub – Spaghetti & cheese	\$1.00
Sub - Bake Beans & cheese <i>(Friday Special)</i>	\$1.00
Tiger Toast – Vegemite & Cheese	\$1.00

## LUNCH - HOT/COLD FOOD

Chicken Burger or Beef Burger <i>(with salad)</i>	\$5.00
Fried Rice	\$5.00
Hot Chicken Roll <i>(with mayonnaise)</i>	\$4.50
Lasagne, Beef	\$5.00
Macaroni Cheese	\$5.00
Chicken Nuggets or Meat Balls with Salad	\$5.00
Salad Box - <i>(lettuce, carrot, cheese, celery, cucumber, cherry tomato)</i>	\$4.00
Salad Box-choice of meat <i>(tuna, ham, chicken)</i>	\$4.50
Salad Box- meat choice, egg, beetroot	\$5.00
Spaghetti Bolognese	\$5.00
Wrap, Chicken Tender	\$5.00
Wrap, Sweet Chilli	\$5.00
Sauces- <i>tomato, sweet/sour, French, BBQ</i>	\$0.50

**Canteen Staff: Gloria Radford 0427 107027  
& Amanda McDonald 0427 814794**

The Narrogin Primary School P&C Canteen is open from 8.30am to 1.00pm. To order please complete a l bag and place in your classroom lunch basket with money.

### ORDERS PLACED AFTER 10.00am WILL BE LIMITED

The Canteen is run by the P&C and always appreciates volunteers. If you can spare some time please contact the canteen on 98811200.

If you require your **\$\$ change** at recess please write this clearly on your lunch bag.

Parents with **food allergy** concerns are encouraged to contact the Canteen Manager on **98811200**.

### TRAFFIC LIGHT SYSTEM

Our school adheres to the Traffic Light system introduced by the Government in 2006. This policy places food into categories based on a traffic light. Our menu must comply and consist of a minimum of 60% Green foods.

**Green (g) – must predominately fill the menu**

**Amber (a) – select carefully and limit sales**

**Red (r) – off the menu**

You can now select healthier options by choosing foods that are marked green (g).

### DRINKS

Juice <i>(250mls)</i> <b>(Lunch ONLY)</b>	\$2.00
<i>(Apple, Apple &amp; blackcurrant, Tropical, Orange)</i>	
Milk, flavoured <i>(250mls)</i>	\$2.00
<i>(Chocolate &amp; Strawberry)</i>	
Milk, 'Milo' flavoured <i>(200mls)</i>	\$2.00
Water, bottled	\$1.50

## SANDWICHES, WRAPS & ROLLS

Wholemeal only. Salad consists of; carrot, lettuce, tomato & cheese. Mayo and beetroot available upon request.

	S/W	Roll	Wrap
Chicken & Salad	\$4.00	\$4.50	\$4.00
Egg <i>(Plain or Curried)</i>	\$3.50	\$4.00	\$4.00
Egg & Salad	\$4.00	\$4.50	\$4.00
Ham & Salad	\$4.00	\$4.50	\$4.00
Salad	\$3.50	\$4.00	\$3.50
Vegemite	\$2.00	\$2.50	

## TOASTIES

Cheese	\$3.20
Cheese & Tomato	\$3.50
Ham or Chicken w~ Cheese	\$3.50
Ham or Chicken w~ Cheese & Tomato	\$4.00
Ham or Chicken w~ Cheese & Pineapple	\$4.00

## FROZEN TREATS *(lunch only)*

Milo or Fruit Pops	\$0.50
Ice cream cone - vanilla	\$1.00
Mini Calipo - Raspberry	\$1.00
Icey Twists - Lemonade	\$1.50
Paddle Pop – Rainbow	\$2.00
Paddle Pop Choc Shaky Shake Buckets	\$2.00

## MONDAY & FRIDAY ONLY

Cruiser Pie <i>(180g)</i>	\$4.50
Hotdog - <i>(Half a Hotdog \$1.70)</i>	\$3.50
Midget Pie <i>(120g)</i>	\$3.50
Nacho's <i>(With chicken \$4.50)</i>	\$4.00
Pizza Single <i>(Hawaiian)</i>	\$3.50
Sausage Roll	\$3.50
Wedges	\$3.50