

## RECESS

Air-Popped Popcorn (g)	\$1.00
Vege Chips	\$1.00
Cheesie (g)	\$1.00
Fresh Fruit (seasonal) (g)	\$1.00
Fruit Jelly Cup (+ lunch) (g)	\$0.50
'Milo' – warm drink (pre order only) (g)	\$1.50
'Milo' Dairy Snack (100g) (g)	\$1.00
'Milo' Starz Snacks (20g) (a)	\$0.80
Muffin (a) (Friday Special \$0.50)	\$0.80
Pretzels (a)	\$1.00
Pikelet, sml (Friday only) (g)	\$0.50
Sub, Chicken (g)	\$1.00
Sub, Spaghetti (g)	\$1.00

## LUNCH - HOT/COLD FOOD

Chicken or Beef Burger (g)	\$4.50
Fried Rice (g)	\$5.00
Hot Chicken Roll (g)	\$4.50
Lasagne, Beef (g)	\$5.50
Macaroni Cheese (g)	\$4.50
Nuggets (4) w~ Salad (g)	\$4.50
Salad Box, (g) (lettuce, carrot, cheese, celery, cucumber, cherry tomato)	\$3.50
Salad Box, w~ meat (tuna, ham, chicken)(g)	\$4.00
Salad Box, w ~ meat, egg, beetroot (g)	\$5.00
Spaghetti Bolognese (g)	\$5.50
Wrap, Chicken Tender (g)	\$4.50
Wrap, Sweet Chilli (g)	\$4.50
Sauces (tomato, sweet/sour, french dressing)(a)	\$0.50

**Canteen Manager: Gloria Radford**  
9881 1200 or 0427 107 027

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

### ORDERS PLACED AFTER 10.00am WILL BE LIMITED TO A VEGEMITE SANDWICH ONLY.

The Canteen is run by the P&C and always appreciates volunteers. If you can spare 2 - 3 hours, once a term 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. **This menu is 68%.**

**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 (250mls) (a)	\$2.00
(Apple, Tropical, Orange)	
Milk, flavoured (250mls) (g)	\$2.00
(Chocolate, Strawberry, Milo)	
Water, bottled (g)	\$1.50

### SANDWICHES, WRAPS & ROLLS (g)

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

	S/W	Roll	Wrap
Chicken & Salad	\$3.50	\$4.00	\$4.00
Egg (curried)	\$3.00	\$3.50	
Egg & Salad	\$3.50	\$4.00	\$4.00
Ham & Salad	\$3.50	\$4.00	\$4.00
Salad	\$3.00	\$3.50	\$3.50
Vegemite	\$2.00	\$2.50	

### TOASTIES (g)

Cheese	\$3.20
Cheese & Tomato	\$3.20
Ham/Chicken w~ Cheese	\$3.50
Ham/Chicken w~ Cheese & Tomato	\$3.70
Ham/Chicken w~ Cheese, Pineapple	\$3.70

### FROZEN TREATS (lunch only)

Ice cream in a cone – Vanilla/ Bucket (a)	\$1.00
'Milo' Pops (g)	\$0.50
Mini Calipo (Raspberry) (a)	\$1.00
Paddle Pop Shake (a)	\$2.00
Paddle Pop – Rainbow (a)	\$2.00

### MONDAY & FRIDAY ONLY

Cruiser Pie (180g) (a)	\$4.00
Hotdog (or half \$1.50) (a)	\$3.00
Midget Pie (120g) (a)	\$3.00
Nachos (a)	\$3.50
Nacho's w~ Chicken (a)	\$4.00
Pizza Single (Hawaiian) (a)	\$3.00
Sausage Roll (a)	\$3.00
Wedges (a)	\$3.00