

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	\$0.80
Muffin - Friday special	\$0.50
Pretzels	\$1.00
Pikelet - Friday special only	\$0.50
Sub - Chicken & cheese	\$1.00
Sub – Spaghetti & cheese	\$1.00
Sub - Bake Beans & cheese (Friday Special)	\$1.00

LUNCH - HOT/COLD FOOD

Chicken Burger or Beef Burger (with salad)	\$5.00
Fried Rice	\$5.00
Hot Chicken Roll (with mayonnaise)	\$4.50
Lasagne, Beef	\$5.50
Macaroni Cheese	\$5.00
Nuggets (4) with Salad	\$5.00
Salad Box - (lettuce, carrot, cheese, cucumber, cherry tomato)	\$4.00
Salad Box-choice of meat <i>(tuna, ham, chicken)</i>	\$4.50
Salad Box- meat choice, egg, beetroot	\$5.00
Spaghetti Bolognese	\$5.50
Wrap, Chicken Tender	\$5.00
Wrap, Sweet Chilli	\$5.00
Sauces- <i>tomato, sweet/sour, French, sweet chilli</i>	\$0.50

Canteen Manager: Gloria Radford
9881 1200 or 0427 107027

The Narrogin Primary School P&C Canteen is open from 8.30am to 1.00pm. To order please complete a 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.

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> (Lunch ONLY)	\$2.00
<i>(Apple, Tropical, Orange)</i>	
Milk, flavoured <i>(250mls)</i>	\$2.00
<i>(Chocolate & Strawberry)</i>	
Milk, 'Milo' flavoured <i>(200mls)</i>	\$2.00
Water, bottled	\$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	\$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 (g)

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

FROZEN TREATS *(lunch only)*

Ice cream in a cone – Vanilla	\$1.00
'Milo' Pops	\$0.50
Mini Calipo <i>(Raspberry)</i>	\$1.50
Paddle Pop Choc Shakey Shake bucket	\$2.00
Paddle Pop – Rainbow	\$2.00
Icey LemonadeTwists	\$1.50

MONDAY & FRIDAY ONLY

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