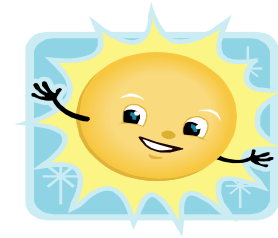


ST STEPHEN'S DUNCRAIG

PRIMARY

CANTEEN

SUMMER SIZZLER MENU TERM 4 2009 AND TERM 1 2010



This menu is for PP-Year 6 students only.
Canteen is open for primary lunch orders.
Butter is not used unless requested. Low fat mayonnaise is used instead. All our menu items are approved by WA School Canteen Association and are low in fat, sugar and salt.

Volunteers Always Needed
Monday – Friday 8:30 – 11:30
or 11:00am – 2:00pm
or Monday & Friday only 12:00 – 3:00pm
Please phone Sheryn Aubrey at canteen on : 9243 2104

AFTER LUNCH NIBBLES



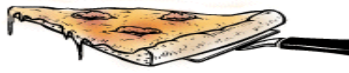


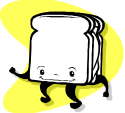
Munchy Bag (carrot, celery, cheese, sultanas and vita wheat biscuit)	70c
Dip Stick	\$1.50
Dip of the Day with celery, carrot and cucumber sticks and a vita wheat biscuit)	
Yoghurt (berry frenzy, light peach banana passion)	\$1.50
Small Tub Watermelon	\$1.00
Small Tub Fruit Salad	\$2.00
Fresh Fruit – seasonal	50c
Popcorn (lightly salted Koala popcorn)	80c
Muffin (chocolate or blueberry)	\$1.50
Vege Chips BBQ	\$1.00
Pirhana snack. Salt & Vinegar or BBQ	\$1.00

YOU NEED TO KNOW

Please make lunch order processing easier:

- **Use the supplied lunch order bags in your child's room lunch basket or by request on lunch bag or call by and pick some up.**
- **Simply fold top of bag over twice (DO NOT USE STAPLES OR STICKY TAPE).**
- **We provide lunch bags for free – please use them**
- **Your child can learn by writing their lunch orders themselves.**
- **Include your child's name and classroom**
- **Use correct money (when you can).**

These Meals Available Only On Set Day

<p>PASTRY FREE MILKY MONDAY</p>	<p>TROPICAL TUESDAY</p>	<p>PASTRY FREE WATERMELON WEDNESDAY</p>	<p>TOTALLY TRAFFIC LIGHT THURSDAY - PASTRY FREE</p>	<p>Full Of Fruit Friday</p>																																																																																						
<p>Sushi 3 piece \$2.50 5 piece \$4 Combo or Chicken PLUS with 225ml HiLo and cheese stick add \$1.50</p>	<p>DINO TROPO MASH \$3.50 Tropical Dinosaur Island with Volcano of Mashed Potato, 3 chicken dinosaurs broccoli trees and carrot/corn boulders Tomato sauce sachet supplied for Volcanic Eruption <i>No variations</i></p>	<p>Sushi 3 piece \$2.50 5 piece \$4 Combo or Chicken PLUS with a watermelon slice add 50c</p>	<p>TRAFFIC LIGHT \$1 Fruit on a stick</p> <hr/> <p>STOP FOR PASTA \$3.50</p> <p>a) Twirly Spirals with bolognaise sauce b) Vegetable Lasagne c) Chicken Pasta Bake Plus Traffic Light \$4</p>	<p>TORPEDO \$3 ½ lebanese wrap with salad, mayo and either: 1.CCT: Chicken Chilli Tender Or 2. s/s: Southern Style chicken breast tenderbite. PLUS piece of seasonal fruit only \$3.20</p>																																																																																						
<p>FOLDOVER \$2 ½ Toasted Lebanese bread, choose filling:</p> <ol style="list-style-type: none"> Baked bean and cheese Mexican chicken (sorry no variation) Plus 225ml HiLo and cheese stick \$3.50 	<p>PASTRY Mrs Mac Good eating range Tomato Sauce 20c Sausage Roll \$2</p>  <p>Chunky Steak Pie \$3 (Fresh Bakery Steak Pie with Low Fat & Low Salt)</p>	<p>½ MOON BURGER \$2.50 WHOLE MOON BURGER \$4.50</p> <p>Low Fat Beef Burger with tomato sauce, salad and mayonnaise in a bun PLUS add 50c for watermelon slice</p> 	<p>GIVE WAY TO A PIZZA POCKET \$2 Ham and Pineapple served with crunchy salad sticks. Plus TRAFFIC Light \$2.50</p> 	<p>PASTRY Mrs Mac good eating range Tomato Sauce 20c Sausage Roll \$2</p> <p>Chunky Steak Pie \$3 (Fresh Bakery Steak Pie with low fat & low salt) PLUS piece of fruit add 20c</p> 																																																																																						
<p>EVERY DAY SANDWICHES</p> <table border="0"> <tr><td>Vegemite</td><td>\$1.60</td></tr> <tr><td>Vegemite & Cheese</td><td>\$2.30</td></tr> <tr><td>Cheese</td><td>\$2.30</td></tr> <tr><td>Cheese & Tomato</td><td>\$2.50</td></tr> <tr><td>Cheese & Pineapple</td><td>\$2.60</td></tr> <tr><td>Cheese & Salad</td><td>\$3.00</td></tr> <tr><td>Ham</td><td>\$3.00</td></tr> <tr><td>Ham & Cheese</td><td>\$3.50</td></tr> <tr><td>Ham & Pineapple</td><td>\$3.40</td></tr> <tr><td>Ham & Salad</td><td>\$3.60</td></tr> <tr><td>Egg</td><td>\$2.50</td></tr> <tr><td>Curried Egg</td><td>\$2.80</td></tr> <tr><td>Egg & Salad</td><td>\$3.30</td></tr> <tr><td>Chicken</td><td>\$3.00</td></tr> <tr><td>Chicken & Salad</td><td>\$3.60</td></tr> <tr><td>Tuna</td><td>\$3.00</td></tr> <tr><td>Tuna & Salad</td><td>\$3.60</td></tr> <tr><td>Salad</td><td>\$3.00</td></tr> <tr><td>Baked Beans</td><td>\$2.00</td></tr> <tr><td>Plain Bread</td><td>30c</td></tr> <tr><td>Plain Roll</td><td>60c</td></tr> <tr><td>If you want a roll with any of the above add</td><td>40c</td></tr> </table>	Vegemite	\$1.60	Vegemite & Cheese	\$2.30	Cheese	\$2.30	Cheese & Tomato	\$2.50	Cheese & Pineapple	\$2.60	Cheese & Salad	\$3.00	Ham	\$3.00	Ham & Cheese	\$3.50	Ham & Pineapple	\$3.40	Ham & Salad	\$3.60	Egg	\$2.50	Curried Egg	\$2.80	Egg & Salad	\$3.30	Chicken	\$3.00	Chicken & Salad	\$3.60	Tuna	\$3.00	Tuna & Salad	\$3.60	Salad	\$3.00	Baked Beans	\$2.00	Plain Bread	30c	Plain Roll	60c	If you want a roll with any of the above add	40c	<p>EVERY DAY CANTEN SALAD INGREDIENTS</p> <table border="0"> <tr><td>Lettuce</td><td></td></tr> <tr><td>Tomato</td><td></td></tr> <tr><td>Carrot</td><td></td></tr> <tr><td>Cucumber</td><td></td></tr> <tr><td>Celery</td><td></td></tr> <tr><td>Beetroot</td><td></td></tr> <tr><td>Extras:</td><td></td></tr> <tr><td>Cheese</td><td>50c</td></tr> <tr><td>Avocado</td><td>50c</td></tr> <tr><td>Pineapple</td><td>40c</td></tr> <tr><td>Egg</td><td>70c</td></tr> </table> <p>Any combo available </p>	Lettuce		Tomato		Carrot		Cucumber		Celery		Beetroot		Extras:		Cheese	50c	Avocado	50c	Pineapple	40c	Egg	70c	<p>EVERY DAY FROST FLUIDS</p> <table border="0"> <tr><td>Hi Lo Milk</td><td>\$1</td></tr> <tr><td>Banana Milk</td><td>\$2</td></tr> <tr><td>Berry Milk</td><td>\$2</td></tr> <tr><td>Choc Milk</td><td>\$2</td></tr> <tr><td>Water (600ml)</td><td>\$2</td></tr> <tr><td>100% Juice Box</td><td>\$1</td></tr> <tr><td>(Orange, apple, apple/blackcurrant)</td><td>\$1</td></tr> <tr><td>Fuze</td><td>\$2.00</td></tr> <tr><td>Raspberry,</td><td></td></tr> <tr><td>Passionfruit or cola</td><td></td></tr> </table>	Hi Lo Milk	\$1	Banana Milk	\$2	Berry Milk	\$2	Choc Milk	\$2	Water (600ml)	\$2	100% Juice Box	\$1	(Orange, apple, apple/blackcurrant)	\$1	Fuze	\$2.00	Raspberry,		Passionfruit or cola		<p>EVERY DAY WRAPS (Lebanese Bread) Any filling Toasting 20c extra ½ Wrap \$3 Whole wrap \$6 (All salad on list plus either chicken, ham, tuna egg or cheese). Extras can be added at extra cost.</p> <p>PIZZA \$2.00 Supreme, Ham & Pineapple or Bacon & Cheese</p> <hr/> <p>ALL TOASTED SANDWICHES Cheese \$2.50 Cheese & Tomato \$2.50, Ham & Cheese \$3.50, Chicken & Cheese \$3.50 extras can be added at extra</p> 	<p>EVERY DAY ICE AGE FRESH SALAD SALAD BOX \$4 Salad Box with a small roll (or ½ Lebanese bread).</p> <p>You tell us what you wish to munch on and we will pack a \$4 worth box. (Ideas: carrot, celery, cucumber sticks, cheese cubes, pineapple, chicken, ham, egg, avocado, tuna, tomato, beetroot & lettuce)</p> <p>Salad dressing : 20c (balsamic or Caesar)</p> <p>Go for it! You will feel like your skating on ice!!!!!!</p>
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