




AVONDALE PRIMARY SCHOOL

CANTEEN LIST – AS AT 09/02/2009

WINTER RECESS WARMERS		SANDWICHES / ROLLS AND WRAPS	
☺ Warm Milo	1.40	☺ Vegemite	1.10
☺ Toast (Plain, Vegemite)	.40	☺ Cheese	1.50
☺ Raisin Toast	.50	☺ Vegemite & Cheese	1.60
☺ Cheese on Toast	.60	☺ Tomato & Cheese	1.60
MUFFINS		☺ Egg & Lettuce	2.00
 Apple & Cinnamon	.60	☺ Ham, Cheese & Tomato	2.00
Banana	.60	☺ Tuna, Tomato & Lettuce	2.20
Berry	.60	☺ Salad (Lettuce, Tomato, Mayo, Cucumber, Carrot, Beetroot, Cheese)	2.80
<u>AVAILABLE FROM TERM 2</u>		☺ Salad with Roast Chicken OR Ham OR Tuna	3.50
HOT FOODS(LUNCH)		☺ ½ Wraps Available – half full price	
Tomato Sauce Sachets	.20	DRINKS	
☺ Toasted Sandwiches – Cheese	1.50	☺ Summit Water – 350ml	1.20
☺ Toasted Cheese & Tomato	1.60	Just Juice - Apple, Orange, Apple/Blackcurrent 250ml	1.20
☺ Toasted Ham, Cheese & Tomato	2.00	BIG M – 250ml Choc, Strawberry (low fat milk)	1.70
☺ Toasted Ham & Cheese	1.80	SNACKS	
PIZZA – Hawaiian or Margherita	2.60	A limited range of small confectionery and snack items will be available at lunch time only.	
Lasagne (97% fat free)	2.60	ICE CREAMS	
Macaroni Cheese (97% fat free)	2.60	☺ Quelch Juice Sticks	.60
Lite Party Pies	.90	☺ Streets Frozen Yoghurt	1.20
Lite Sausage Rolls	1.90	Ice-creams ranging from	\$1.10 to \$2.00
Lite Pies	2.60	<u>RECESS COMBO DEAL</u>	
Lite Vegetable Pasties	2.60	☺ Combo Deal – Milo & Cheese on Toast	\$1.80
Steamed Dim Sims	.80	<u>LUNCH COMBO DEAL</u>	
Hot Pup (1/2 Hot Dog)	1.20	☺ Plain or Toasted Ham Cheese and Tomato Sandwich & Big M	\$3.40
Hot Dog	2.40	☺ Salad Wrap & Water or Juice	\$3.90
☺ Corn Cobs (With/Out Butter)	.80		
Chicken Wedges (Baiada)	.70		
Chicken Burger with Lettuce, Tomato, Mayo (Baiada)	3.00		
Ham & Cheese Omelette	2.20		
Plain Omelette	2.00		

EXTRA FILLING IS .20 CENTS EACH

IF NO BAG IS SUPPLIED THERE WILL BE AN EXTRA CHARGE OF 20 CENTS. ALL ORDERS NEED TO HAVE CHILD'S NAME AND GRADE CLEARLY WRITTEN ON TOP OF ORDER.

FOR CHILDREN WITH ALLERGIES - COULD PARENTS PLEASE INDICATE AS SHOWN: A PLUS WITH THEIR CHILD'S NAME AND GRADE .

PLEASE NOTE THAT IF INSUFFICIENT MONEY IS PLACED WITH ORDER , YOU CHILD'S ORDER WILL BE ADJUSTED ACCORDINGLY.

ALL BREAD AND ROLLS ARE AVAILABLE IN WHITE AND WHOLE MEAL, SO PLEASE INDICATE YOUR PREFERRED CHOICE.

☺ **SYMBOL REPRESENTS HEALTHY EATING ITEMS**