******Avondale Primary School**

**CANTEEN LIST – 2019 TERM 1**

**CANTEEN OPEN DAYS: MONDAY, THURSDAY & FRIDAY**

**RECESS MENU**

**Muffins (Term 2 onwards) 1.00**

**☺ Warm Milo 2.00**

**Toast (Plain, Vegemite) 0.50**

**☺ Sippy Straws with milk 1.50**

**Cheese on Toast 0.80**

**LUNCH MENU**

**PIZZA - Hawaiian or Margherita 3.50**

**☺ Lasagne (97% fat free) 4.00**

**☺ Macaroni Cheese 997% fat free) 4.00**

**☺ Bolognese Twist 3.50**

**☺ Corn Cob (Without Butter) – Low Fat 1.10**

**Lite Party Pies 1.10**

 **Lite Sausage Rolls 3.00**

**Lite Pies 3.50**

**Lite Vegetable Pasties 3.50**

**Pastizzi – Cheese 1.10**

**Steamed Dim Sim (Salt Reduced) 1.10**

**Hot Pup (1/2 Hot Dog) – Low Fat 1.80**

**Hot Dog 3.60**

**Tomato Sauce Sachets 0.20**

**☺ Chicken Wedges (Baiada) with Salad Wrap 4.00**

**☺ Chargrilled Chicken Brest Lettuce & Mayo 4.00**

**☺ Cheese Burger with Cheese, Lettuce & Sauce 4.50**

**☺ Grilled Burger with the lot – Lettuce, Cheese,**

 **Pineapple, beetroot, Tomato & Sauce 4.50**

**Chicken Burger with Lettuce, Tomato, Mayo**

 **(Baiada) 4.00**

**☺ Chicken Breast Tender Wrap with Lettuce,**

 **Tomato and Mayo 4.00**

**Symbols / Colours**

**☺ Green Foods that can be eaten every day**

 **Amber Foods to be eaten in moderation**

 **(recommended max: 2 days/week)**

Contains halal certified ingredient/s

**SANDWICHES (EXTRA .50 FOR ROLLS OR WRAPS)**

**☺ Egg & Lettuce with Mayo 2.50**

**☺ Tuna, Tomato & Lettuce 2.50**

**☺ Salad (Lettuce, Tomato, Mayo, Cucumber, Carrot,**

 **Beetroot, Cheese) 3.50**

**☺ Salad with Roast Chicken, Tuna or Ham 4.00**

**SANDWICHES OR TOASTED**

**☺ Cheese 2.00**

**☺ Cheese & Tomato 2.50**

**☺ Cheese & Avocado 2.50**

**☺ Ham & Cheese 2.50**

**☺ Ham, Cheese & Tomato 3.00**

**☺ Ham, Avocado, Cheese and Tomato 3.50**

**☺ Diced Chicken, Avocado, Cheese & Mayo 3.50**

**DRINKS**

**☺ Summit Water – 600ml 1.50**

**Just Juice: Apple, Orange, Apple/Blackcurrent 1.50**

**☺ Big M – Choc, Strawberry low fat milk) 2.00**

**☺ Up & Go 2.00**

**Please Note:**

*If no bag is supplied there will be an extra charge of 20 cents. All orders need to be have child’s name and grade clearly written on top of order*

**☺ FRESH FRUIT SLICES AVAILABLE**

 **(Watermelon & Rockmelon Slices)**

**TERM 1 & TERM 4 ONLY**

**MONDAY ONLY Small Large**

**Fried Rice Vegetarian 2.50 3.50**

**Fried Rice with Chicken 3.00 4.00**

**ORDER THURSDAY FOR FRIDAY LUNCH**

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| **SUSHI ROLLS 2.50****☺ Californian ☺ Chicken & Avocado****☺ Chicken Teriyaki ☺ Tuna****☺ Vegetarian**  |

**SNACKS**

**JJ & Plain Pop Corn 1.50**

**Red Rock Chips 1.50**

**ICE CREAMS**

**Quelch Juice Sticks .70**

**Streets Frozen yoghurt 1.50**

**Ice-creams ranging from: 1.30 to 2.00**

**Slushie – (small) 1.50**

**‘Delites’ & Cornitos 1.00**

**Noodle Snacks 1.00**