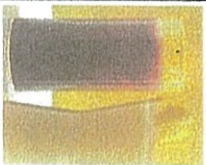


THIRST QUENCHERS

Juice - Paradise Punch		\$
Fresh Milk -- Low fat milk Chocolate, Strawberry		1.70
Milk- Cold and low fat		1.00
Bottled Water -- Lightly Flavoured		1.70
Frozen Fruit Juicys -- 100% real fruit		1.00
Dr Smoothie 100% Healthy Smoothie 100% Real Fruit Lemon / Strawberry	Small 1.00 Large 2.00	



PLEASE NOTE

- ❖ Frozen items, fruits and snacks will be sold over the counter at playtime & lunch time.
- ❖ Please write on lunch order bags with **TEXTA**.
- ❖ 10c for a paper bag
- ❖ Lunch orders to be in by 9.30a.m



Tuesdays

Tuesday will be a special menu day.

E.g. Sushi, fried rice, noodles,

Toasted Sandwiches etc. This will

be the only lunch item for sale on

the day. Please watch newsletter.

Over the counter sales will still be

available everyday at playtime and

lunch time for 15 minutes.

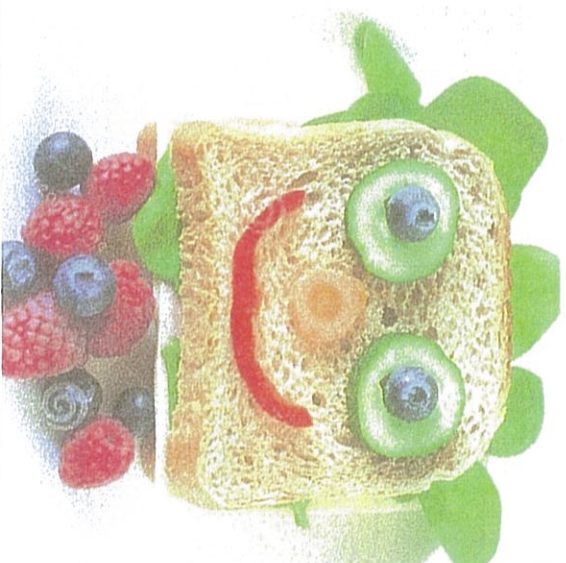


Garm's

Tasty Treats

FOR

Healthy Eats!



**CANTEEN OPERATION: Mon, Tues, Wed, Thurs, Fri,
Tuesday (Food preparation)
OPEN Playtime & Lunchtime for 15min.**

* Denotes peanut traces as per packaging

Term 4 2018 & Term 1 2019

Sandwiches, Rolls and Wraps

	Sandwiches	Rolls	Wraps
Egg	3.20	3.40	4.00
Egg Lettuce Mayo *	3.40	3.60	4.00
Ham Cheese & Salad	3.80	3.90	4.00
Roast Beef & Salad	3.80	3.90	4.00
Ham and Cheese	3.40	3.60	4.00
Chicken, Lettuce & Mayo *	3.60	3.80	4.00
Chicken Salad & Mayo*	3.80	3.90	4.00
Tuna & Salad	3.80	3.90	4.00
Tuna	3.40	3.60	4.00
Salad	3.50	3.70	4.00
Vegete and Cheese	3.00	3.20	4.00

Salad Tubs

	\$
Fresh Salad with Ham	4.00
Fresh Salad with Chicken	4.00
Fresh Salad with Tuna	4.00
Fresh Salad with Beef Burger Pattie	4.00
Fresh Salad with Egg	4.00

- Sandwiches and rolls -- Wholemeal and multigrain only
- Wholemeal flour, raw sugar and low fat milk are used in cooking



SNACK ATTACK

	\$
Fresh Fruit	1.00
Milo Oat Slice	2.00
Traffic light mix -- Kiwi fruit pieces Orange Quarters Strawberries	2.00
Sultanas	0.80
Popcorn -- Freshly popped	1.00
Anzac Biscuits *	1.00
Banana Bread *	2.00
Energy Fruit Loaf *	2.00
Apple Tea Cake *	2.00
Cheese and Biscuits	2.00
Yoghurt Topped With Fresh Fruit	2.00

HOT FOODS

	\$
Pasta -- Lasagne, Macaroni Cheese, Tuna Pasta	4.00
Beef Burger in a roll with lettuce and mayo *	4.00
Pizza -- Ham and Cheese * Ham and Pineapple * Chicken and Cheese *	2.70
Vegetable Pasties -- Low Fat * - Pastry with potato, pumpkin celery and carrot	4.00
Thai Fried Rice with Chicken	4.00
Butter Chicken with Rice	4.00

