



PEARCEDALE PRIMARY SCHOOL CANTEEN MENU 2017



YUMMY TUMMY HOT FOOD

Lasagna 97% fat free	\$4.00	☺☺☺
Macaroni/Cheese 97% fat free	\$4.00	☺☺☺V
Fried Rice	\$4.00	☺☺☺
Dim Sims Steamed	\$1.00	☺☺☺
Potato Scallop (Term 2 & 3 Recess Only)	\$1.00	☺☺
Chicken crumbed tender	\$1.80	☺☺GF
Hot Noodles Chicken or Beef	\$3.00	☺☺
Pizza Slab (Ham&Pine or Margherita)	\$4.20	☺☺
Hot Dog Lite	\$3.60	☺☺
Beef Burger with Lettuce and Sauce	\$4.20	☺☺☺
Chicken Burger with Lettuce & Low Fat Mayonnaise	\$4.20	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.00	☺☺GF

HOT N TASTY JAFFLES

Baked Bean & Cheese	\$3.20	☺☺☺V
Spaghetti	\$2.80	☺☺☺V
Cheese	\$2.80	☺☺☺V
Ham (97% Fat Free & Cheese)	\$3.70	☺☺☺

MRS MACS GOOD EATING RANGE

Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG
No Added Preservatives, or Artificial Colours

100% Vegetable Pastie	\$4.00	☺☺ V
Beef Pie	\$4.00	☺☺
Sausage Roll	\$3.00	☺☺
Potato Top Pie	\$4.00	☺☺
Tomato Sauce	\$0.30	☺☺

SNACKS

Cobs Popcorn Sea Salt or Slightly Sweet	\$1.50	☺☺GF
JJ's Chicken Crackers	\$1.50	☺☺
Red Rock Chips Honey/Soy	\$1.50	☺☺
Red Rock Chips Sea Salt	\$1.50	☺☺GF
Home Style Cookies	\$2.00	☺☺
Yoghurt Frogs (5 for \$1.00)	\$1.00	☺☺
Gingerbread	\$1.50	☺☺
Fruit Jelly In Slime	\$1.50	☺☺GF
Ovalteenies	\$1.20	☺☺

TERM 1 & 4 ONLY

Fruit Salad Tub	\$3.00	☺☺☺VGF
Frozen Watermelon Wedge	\$0.60	☺☺☺GF

- ☺☺☺ Every Day Foods
- ☺☺ Select Carefully foods
- V Denotes Vegetarian
- GF Denotes Gluten Free.

SUPER SANDWICHES, ROLLS & WRAPS

All sandwiches made from wholemeal, multigrain and white bread

	Sandwich	Roll or Wrap	
Vegemite	\$2.10	\$2.70	☺☺☺ V
Cheese	\$2.30	\$3.00	☺☺☺ V
Egg & Lettuce	\$2.80	\$3.20	☺☺☺ V
Ham (97% fat free)	\$3.00	\$3.70	☺☺
Ham (97% fat free) & Salad	\$4.00	\$4.70	☺☺☺
Tuna & Salad	\$4.00	\$4.70	☺☺☺
Roast Chicken	\$3.50	\$4.20	☺☺☺
Roast Chicken & Salad	\$4.00	\$4.70	☺☺☺
Salad (Lettuce,Cheese, Tomato, Beetroot, Carrot & Cucumber)	\$3.60	\$4.20	☺☺☺ V
JUMBO Chicken Wrap - 2 Chicken Tenders, Lettuce Lite Slice Cheese & Salsa	\$6.30		☺☺☺
Sweet Chilli Twister Wrap- 2 Chicken Tenders, Lettuce, Tomato, Sweet Chilli Sauce & Lite Mayo	\$6.30		☺☺☺

SALAD PACKS

Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Beetroot and Egg	\$6.30	☺☺☺ V
		GF
Salad Box (Deluxe)	\$7.00	☺☺☺ V

EXTRAS

Tomato Sauce	\$0.30	☺☺
Lunch Bags	\$0.10	

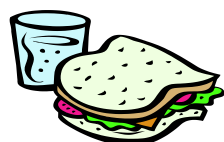
DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.50	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.50	☺☺☺GF
Orange, Apple or Tropical		
Aqua Fruits Flavoured Springwater	\$2.50	☺☺GF
Cola, Blue Heaven or Apple Raspberry		

FROZEN TREATS AND SNACKS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes	\$1.50	☺☺☺GF
Chocolate or Blue		
Frozen Pineapple UFO's	\$0.60	☺☺☺GF
Frozen Yoghurt Tubs Strawberry	\$2.20	☺☺☺GF
Streets Choc Shake Cup	\$2.20	☺☺
Streets Paddle Pop	\$1.80	☺☺

Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices



OPEN
MON, WED, THURS & FRI

If your child has any food allergies please mark very clearly on lunch bag

EFFECTIVE FROM TERM 1 2017