



2023 Canteen Menu- Fridays

Starts 14th July 2023

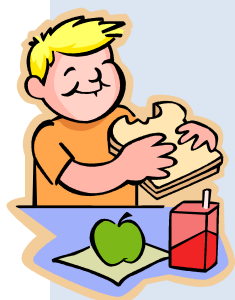
Our school promotes the consumption of fruit and vegetables and healthy food options in line with the Australian Schools Canteen Guidelines. These guidelines arrange food into the following categories:

✓ **GREEN- Always foods** + **AMBER- Select carefully foods** X **RED- Not recommended foods**

The College canteen will **not** sell foods belonging to the RED “Not Recommended” Category.

Term 3 MENU – Place orders on *Thursday Morning*

Green Food			Amber Food	
NEW PASTA OF THE WEEK			BAKERY ITEMS	
Pasta served warm (1 serve in a tub. Please bring your own fork)	5.00		Pie	4.50
			Party Pie	1.50
			Vegie & Cheese Pasties	4.00
			Meat & Vegie Pasties	4.00
			Vegan Pasties (Vegan)	4.00
			Spinach & Ricotta Roll	3.00
WRAPS	Full	Half	Plain Sausage Roll	
Chicken, Ham, Tuna or Plain Salad	5.00	2.50	Sweet Chilli Sausage Roll	
	5.00	2.50	Dim sims (steamed)	each .50
BURGER			CAKES & MUFFINS	
Chicken Burger <u>w</u> lettuce, cheese & mayo.		5.00	Homemade Banana / Carrot	3.00
			Choc Slice	2.00
SNACKS			Muffin (Banana & Choc Chip)	
Popcorn Tub		1.00	DRINKS & DAIRY	
			Milkshakes NEW Vanilla, Choc, Strawberry, Lime	4.00
			FROZEN Yoghurt or Icy Poles	2.00
			Fruit Juice- Apple, Orange, Apple & Blackcurrant	2.00



Please remember: Orders must be placed on Thursday Morning for Friday Canteen.

Lunch order bags 10 cents each- available from the general office.

Orders will be delivered to your child's room at 1.30