

**ASPENDALE GARDENS PRIMARY SCHOOL
CANTEEN MENU (Thursday and Friday only) - TERM 1 2008**

Our school aims to provide students and staff with a variety of foods to satisfy their needs for adequate nutrition during the day. We ask parents to support our attempts to improve the variety and nutrient content of food offered to students by supervising their child's choices to ensure a balanced selection.

Ordering Procedure:

On a clean paper bag, clearly print your child's name, room number and teachers' name, followed by the lunch order and price of each item. Please note that the bag should be large enough to fit all of your child's lunch order. **Lunch order bags are available from the canteen for 5c. Please do not use staples.** Change will be taped to the outside of the bag. **Please note that there is no charge for tomato sauce.** Tickets will be given for ice creams, noodles and soups which are redeemed at the canteen.

EVERYDAY FOODS: EAT MOST FROM THE HEALTHY FOOD PLATE

SANDWICHES:

Toasted	30c extra
Plain Butter	\$1.00
Vegemite/Jam	\$1.50
Cheese	\$1.80
Egg and Lettuce	\$2.00
Egg and Salad	\$4.50
Tuna, Ham or Fresh Chicken	\$4.50
Salad: (tomato, lettuce, cucumber, carrot, capsicum, beetroot and onion)	\$4.50
With; Cheese	\$4.80
: Meat or Tuna	\$5.00
Focaccias	\$5.00
Wraps with your choice of filling	\$5.00

EXTRAS:

Roll	.50c
Egg or Cheese	.30c
Avocado	.50c
Tomato, beetroot, cucumber	.20c
Mayo, salt and pepper provided on request	

SALAD PLATES:

Salad Plate (no meat)	\$5.50
Salad Plate (with Tuna, Ham or Chicken)	\$6.50
(Lettuce, tomato, cucumber, carrot, capsicum, beetroot, cheese, onion and egg)	

FRESH FRUIT:

Fruit in season	.80c
Fruit Salad Cups	\$1.30

HOT FOOD:

Hot potato with cheese and coleslaw	\$2.50
Sour Cream 20c extra	
Corn on the Cob	.70c
Pasta Pronto Carbonara	\$2.00

EVERYDAY FOODS: EAT MODERATELY FROM THE HEALTHY FOOD PLATE

HOT FOOD

Lite Pie	\$2.50
Beef Lasagna	\$2.50
Fried Rice	\$2.50
Steamed Dim Sims	.80c
Spaghetti Bolognaise	\$2.50

DRINKS:

Fruitbox Juice (Apple, Orange, Blackcurrant)	\$1.00
Big M (Chocolate or Strawberry)	\$1.10
Fresh Orange Juice	\$1.20
Bottle Water	.90c
Thorpedo (Tropical or Berry)	\$1.30

FROZEN FOODS:

Quelch Fruit Tubes	.40c
Berrie Frozen Fruit Cup (Apple or Orange)	.50c
Milo on Stick	\$1.10
Lemonade Icy Pole	.80c
Billabong (Chocolate or Vanilla Choc Chip)	\$1.10

SNACKS:

Cheese Sticks	.50c
Sultanas'	.75c
Muffins (Choc Chip, Blueberry or Double Choc)	\$1.00
Sesame Snaps	.65c

SOMETIMES FOODS: EAT SOMETIMES AND IN SMALL QUANTITIES

HOT FOOD:

Party Pie or Party Sausage Roll	.90c
Sausage Roll	\$1.80
Ham & Pineapple Pizza	\$1.60
Hot Dog	\$1.80
Chicken Nuggets	.50c
Cocktail Franks	.40c
Chicken Schnitzel (Roll or Sandwich)	\$3.00
Cheese or Coleslaw 30c extra	

SNACKS:

Donuts (Jam, Strawberry, Chocolate)	\$1.10
Chips (Plain, Chicken,)	\$1.00
Popcorn (Butter, Salt and Vinegar)	.70c
Gingerbread	\$1.00
Piranha Vegie Chips (BBQ and Sour Cream)	.70c

LOLLIES:

Sunfruit Faces	.5c
Yoghurt Fruit	.5c
Wonka Raspberry Twisters	.10c
Bag Lollies	.80c
Sunripe Fruit Straps	.60c