

**SECRET HARBOUR
PRIMARY
School**



**CANTEEN
MENU**

TERM 2 2009

Implementing the Traffic Light System for
Healthy Food Choices

DRINKS

- Flavoured Milks: Plain, Banana \$ 1.90
- Chocolate or Strawberry
- Juice 100% Orange, Tropical, \$ 1.60
- Apple, Apple and Blackcurrant
- Water 600ml \$ 1.60
- Play water: Lemonade, Raspberry, \$ 1.60
- Blackcurrant, fruit tingle
- Slushy (lunch only) \$ 1.60
- Sparkling water \$ 1.60

RECESS (Everyday)

- Please do not order Recess items.
Milo (also available before school)*
- Fruit (seasonal) \$ 1.00
 - Apple Slinkie \$ 0.80
 - Pikelets each \$ 0.80
 - Pizza Sub \$ 0.20
 - ½ Cheesy \$ 1.70
 - Bag of plain Popcorn \$ 1.00
 - Vegemite and cheese toasted buns \$ 1.70
 - Crunch and Sip Bags \$ 1.00
 - (Seasonal fruit and veg)

LUNCHTIME
DAILY SPECIALS

- Monday \$ 5.00
- Chicken fried rice with play water
- Tuesday \$ 5.00
- Chicken salad burger with sparkling water
- Wednesday \$ 5.00
- Pizza and water
- Thursday \$ 5.00
- Hot dogs with play water
- Friday \$ 5.00
- Beef Burger with Cheese, 100% Juice

LUNCHTIME - EVERYDAY

SANDWICHES (Wholemeal)

- Roll and Wraps add \$ 0.50*
- Chicken, Ham, Tuna or Egg \$ 3.50
- Chicken, Ham, Tuna or Egg + Salad \$ 3.80
- Salad: lettuce, tomato, cucumber, carrot \$ 2.80
- Vegemite \$ 1.30

TOASTED SANDWICHES

- Baked Beans \$ 2.80
- Spaghetti \$ 2.80
- Cheese \$ 2.80
- Cheese and Tomato \$ 2.80
- Cheese and Ham \$ 3.80
- Cheese, Ham and Tomato \$ 3.80
- Cheese and Chicken \$ 4.40

EXTRAS

- Beetroot, Cheese, or Pineapple add \$ 0.50
- Sauce or Mayonnaise add \$ 0.30

HOT FOOD

- Spaghetti Bolognese \$ 3.90
- Lasagne \$ 3.90
- Macaroni Cheese \$ 3.90
- Hot Chicken and Mayonnaise Roll \$ 4.10

JACKET POTATOES

- Spaghetti \$ 3.60
- Baked Beans \$ 3.60
- Cheese \$ 3.60
- Cheese and Baked Beans \$ 4.00
- Cheese, Ham and Pineapple \$ 4.00

SALAD TRAYS

- Lettuce, Tomato, Carrot, Cucumber, \$ 4.40
- Corn, Sultanas and Bread
- Salad with Tuna, Ham, Chicken, Egg \$ 5.30
- Or Cheese

LUNCH TUESDAY & FRIDAY ONLY

- Potato Topped Pie \$ 3.30
- Pie \$ 3.30
- Sausage Roll \$ 2.80
- Party Pie \$ 1.50
- Mini Sausage Roll \$ 1.30

ICECREAMS

(Lunchtime Counter Sales Only)

- Pop stickles (various flavours) \$ 1.30
- Icecream cones \$ 0.70
- Ice poles (whole) \$ 0.50
- Ice poles (half) \$ 0.30

Lunch Bags 10c each or 20 for \$ 1.00