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The canteen is open for recess and lunch on Wednesday and Friday during school term.

PLEASE have all lunch orders in the canteen by 9am on the day of order. Recess items are only guaranteed to be available if ordered. Recess orders are collected from the canteen. Lunch orders are collected by each room from the canteen.

Lunch order bags are available from the canteen, the front office or you can use a paper lunch bag from home.

We follow the Department of Education's Healthy Food and Drink policy & traffic light system. Green foods fill the menu, Amber foods are limited and Red foods are off the menu.

To volunteer in the canteen please drop in or use the contacts on the front page of the menu.

As many products as possible are sourced from our school garden. We welcome your garden produce.

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## Winterfold Primary School

Winter Menu  
Available  
Term 2 and 3  
2017



Prices subject to change

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Meeting students' nutritional needs, promoting healthy affordable food that is part of a whole school approach to healthy food choices.

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# W I N T E R

## Recess

Hungry already? If you didn't eat enough breakfast this morning your brain might be going to sleep. Time to re-fuel!

◆ Cheesie	1.20
◆ Special sauce and cheese on half a bun	
◆ Pikelets*	0.60
◆ Popcorn*	0.20
Found some spare change?	
◆ Scone	1.00
Choose from sweet pumpkin or savoury cheese	
◆ Fresh fruit	0.50
Slinky apple or other seasonal fruit	

- ◆ Healthy choice—GO!
- ◆ Select carefully—WAIT!
- \* Gluten free option available

# M E N U

## Lunch—Breads—Always Available

Sandwiches, rolls & wraps are made to order. Please specify wholemeal, multigrain or white bread. Bread is not buttered.

	Wrap/ Sandwich	Roll
◆ Vegemite	2.30	2.40
◆ Salad OR Cheese	2.90	3.00
◆ Egg OR Ham OR Chicken	2.90	3.00
◆ Ham OR Chicken OR Cheese WITH salad	3.50	3.60
<b>Extras</b>		
Beetroot, butter, mayonnaise, vegemite	0.20	
Cheese, egg, tuna, ham, chicken, salad, baked beans	0.60	

## Winter Warmers Always Available

◆ Lasagna	5.00
Layers of pasta, delicious sauce and cheese. Vegetarian option available	
◆ Soup d'loop—served with a small bread roll	3.50
Leeky Cauldron	
Creamy leek and potato soup	
Ronan's Canja	
A Portugese chicken and noodle soup	

## Daily Specials

Wednesday 5.00

- ◆ Pizza Special \*  
Fresh homemade pizza.  
Hawaiian— cheese, ham and pineapple  
Margherita—cheese, tomato and basil  
Veggie delight—cheese, tomato, capsicum, olives and mushrooms

Friday Sushi Special \* 4.50

- ◆ Sushi Rolls made fresh  
6 pieces of sushi roll  
Tuna and cucumber  
Teriyaki chicken or  
Egg and vegetables

## Drinks

Did you forget your water bottle?

◆ Water 600ml	1.00
◆ Low fat milk 225ml	1.20
◆ Flavoured milk 300ml	1.80
Choc, berry, banana ,choc mint	
◆ 100% juice 250ml	1.50
Apple, orange and tropical	
◆ LOL carbonated fruit juice	2.00
BCurrent, Tropkl, RazzBri	
◆ Milo	0.50
A small cup of warm milo	

# W I N T E R M E N U