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.
**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
  - Half a bun with cheese and sauce
  - Add ham and tomato 0.50
- **Pikelet** 0.60
  - Best ever banana pikelet
- **Popcorn** 0.25
  - Found some spare change?
- **Frughurt** 0.80
  - Fresh seasonal fruit and light yoghurt in a cup
- **Fruit salad** 0.80
  - Mix of fresh fruit in a cup
- **Fried rice** 1.00
  - Small

**Drinks**

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water 600ml</td>
<td>1.00</td>
</tr>
<tr>
<td>Low fat milk 225ml</td>
<td>1.00</td>
</tr>
<tr>
<td>Flavoured milk 300ml</td>
<td>1.75</td>
</tr>
<tr>
<td>100% juice 250ml</td>
<td>1.20</td>
</tr>
<tr>
<td>Apple, orange, tropical, black-current</td>
<td></td>
</tr>
<tr>
<td>LOL carbonated fruit juice 250ml</td>
<td>2.00</td>
</tr>
</tbody>
</table>

**Lunch—Breads—Always Available**
Sandwiches, rolls & wraps are made to order. Please specify wholemeal, multigrain or white bread. Bread is not buttered.

<table>
<thead>
<tr>
<th></th>
<th>Wrap/</th>
<th>Roll</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sandwich</td>
<td></td>
</tr>
<tr>
<td>Vegemite</td>
<td>2.30</td>
<td>2.40</td>
</tr>
<tr>
<td>Salad OR Cheese</td>
<td>2.90</td>
<td>3.00</td>
</tr>
<tr>
<td>Egg OR Ham OR Chicken</td>
<td>2.90</td>
<td>3.00</td>
</tr>
<tr>
<td>Ham OR Chicken OR Cheese WITH salad</td>
<td>3.50</td>
<td>3.60</td>
</tr>
<tr>
<td>Extras</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beetroot, butter, mayonnaise, vegemite, toasted</td>
<td>0.25</td>
<td></td>
</tr>
<tr>
<td>Cheese, egg, tuna, ham, chicken, salad, baked beans</td>
<td>0.60</td>
<td></td>
</tr>
</tbody>
</table>

**Summer Lunch Specials**
Always Available

- **Salad Box** 2.90
  - Lettuce, tomato, carrot, beetroot & cucumber with a small bread roll
- **Super Salad Box** 3.50
  - As above plus a dose of protein—ham, chicken, egg or beans
- **Chicken Caesar Salad** 4.00
  - Crispy lettuce and bacon, crunchy croutons, grilled chicken and shaved parmesan in a low fat dressing
- **Fried rice** 3.00
  - Large
- **Sushi Rolls made fresh** 4.00
  - 6 pieces of sushi roll
  - Tuna and cucumber
  - Teriyaki chicken or
  - Egg and vegetables

**Daily Meal Deal Specials**
Stretch your palate not your wallet. All meal deals served with a choice of milk or water.

**Wednesday** 5.50
- **Pizza Special**
  - Fresh homemade pizza.
  - Hawaiian—cheese, ham and pineapple
  - Margherita—cheese, tomato and basil
  - Veggie delight—cheese, tomato, capsicum and olives

**Friday Burrito Special** 5.50
- Chicken, rice and beans in a soft flour tortilla with sour cream, cheese and fresh salsa
- Vegetarian option available

**Summer Delights**

- **Fresh fruit** 0.50
- Slinky apple, melon wedges or other seasonal fruit
- **99% juice icsypoles** 0.50

**LUNCH ONLY**

- **Light vanilla icecream bucket** 1.50

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