
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.

Winterfold Primary School

Summer Menu

Available

Term 4

2016



Prices subject to change

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

Phone: 93372936

E-mail:

winterfoldcanteen@gmail.com

SUMMER MENU

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
◆ New improved sauce and cheese on half a bun	
◆ Pikelets*	0.60
◆ Popcorn	0.20
◆ Found some spare change?	
◆ Frughurt	0.80
◆ Fresh seasonal fruit and light yoghurt in a cup	
◆ Fruit salad	0.80
◆ Diced fresh fruit in a cup	
◆ Fresh fruit	0.50
◆ Slinky apple or other seasonal fruit	

Summer Delights

◆ 99% juice icypoles	0.50
◆ Moosies	1.50
◆ Chocolate or strawberry frozen milk	

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

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 Chicken	2.90	3.00
◆ Ham	3.00	3.10
◆ Ham OR Chicken OR Cheese WITH salad	3.50	3.60
Extras		
Beetroot, butter, mayonnaise, vegemite, toasted	0.20	
Cheese, egg, tuna, ham, chicken, salad, baked beans	0.60	

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	
◆ Burrito	5.00
◆ Chicken, rice and beans in a fresh tortilla with lettuce, sour cream, cheese and fresh salsa.	
◆ Vegetarian option available	

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	1.20
◆ Apple, orange and tropical	
◆ LOL carbonated fruit juice	2.00
◆ BCurrent, Tropkl, RazzBri	

SUMMER MENU