



Virginia Primary School

"Learning Together, Learning for our Future"

RESPECT CARING FAIRNESS ACHIEVEMENT DIVERSITY

Winter - Term 2 & 3

CANTEEN
MENU



right bite

for schools and preschools

OPEN EVERYDAY

LAST UPDATED: TERM 2, 2015



Government of South Australia

Department for Education and
Child Development

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GREEN**Choose Plenty****AMBER****Select Carefully****SANDWICHES** (made with wholemeal bread)

*Roast Chicken		\$2.50
Ham (97% fat free)		\$2.50
Tuna		\$2.50
Vegemite or Crème Cheese		\$2.00
Cheese		\$2.50
Extras - Mayo, Sauce, Tomato, Cucumber, Lettuce		20c each
Extras - Cheese & Egg		50c each
Sachet Sauce		20c

HOT FOODS

Corn Cobettes		\$1.00
Baked Potato with Ham & Cheese		\$3.50
*Spaghetti Bolognaise		\$4.00
*Macaroni and Cheese		\$4.00
Honey Soy Chicken & Rice		\$4.00
Peanut Free Satay Chicken & Rice		\$4.00
Beef Stir Fry Noodles		\$4.00
Mamee cup Noodles (Chicken or Beef)		\$3.00
Oven Baked Beef Roll		\$3.00
Homemade burgers - beef pattie, cheese, tomato, cucumber & lettuce, Mayo or sauce		\$4.00

VIETNAMESE FOOD (Rice Tuesdays & Thursdays only)

Fried Rice - Small		\$2.50
Fried Rice - Large		\$4.00
Steamed Dim Sims		\$1.50

LUNCH BAGS are available

10 lunch order bags		50c
20 lunch order bags		\$1.00

SPECIALS (Monday, Friday)

Monday - Half hot dogs with sauce (butter 10c extra) RED UNIT ONLY		\$1.60
Monday - Whole Hot dogs with sauce (butter 10c extra)		\$3.20
Friday - Pizza (Ham & Pineapple or B.B.Q Chicken)		\$4.00

SPECIALS (Wednesday)

Wk 1 - Cauliflower & broccoli cheese bake		\$3.50
Wk 2 - Fish burger		\$4.00
Wk 3 - Mrs Macs Pie or Pasty or Sausage Roll		\$3.70
Wk 4 - Nachos		\$3.50
Wk 5 - Pork bun		\$3.00
Wk 6 - Cauliflower & broccoli cheese bake		\$3.50
Wk 7 - Fish burger		\$4.00
Wk 8 - Mrs Macs Pie or Pasty or Sausage Roll		\$3.70
Wk 9 - Nachos		\$3.50
Wk 10 - Pork bun		\$3.00

COUNTER SALES (available during recess & lunch breaks only, not lunch orders)

Variety Chips		\$1.00 - \$1.50
Gingerbread Man		\$1.50
Cheese Sticks		80c each
Tubs of fruit salad		\$1.60
Tubs of flavoured Custard		\$1.60
Mini Muffins		20¢ - 50¢
Le Snack		\$1.00
Apple Crumble		\$2.50
Assorted Ice Blocks		25¢ - \$150

DRINKS (counter sale or through lunch orders)

Nippy's Juice 300ml - orange, orange & mango, apple, and blackcurrant		\$1.90
600ml Spring Water		\$1.90
Nippy's flavoured milk 250ml — strawberry, chocolate and honeycomb		\$1.80
Slushi		\$2.00

IMPORTANT INFORMATION

GREEN category foods are the healthiest choices and should be encouraged and promoted.

AMBER - More processed foods, with some added salt, sugar and or fat, may fall into the **AMBER** section.

RED - Highly processed, energy dense and nutrient poor foods fit into the **RED** category. Foods in this category are not available from DECD schools.

Please include your child's name, the name of their teacher/or room number on lunch bag. Change will be returned at lunch time only.

No credit accounts available

Ice blocks / creams **CANNOT** be ordered through lunch order bags. They can be bought directly from the canteen.

Food bought from home **CANNOT** be heated up in the Canteen due to Health Regulations. **Boiling Water** will not be given out.

Foods marked with an * are products that are Halal approved



Select Food & Drink to promote Healthy Eating

www.decd.sa.gov.au/rightbite



Virginia Primary follows the **DECD Right Bight Strategy**