



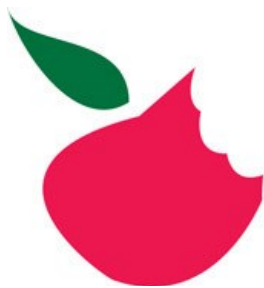
Virginia Primary School

"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, 2017



Government of South Australia

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

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

**HOT FOODS**

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

**VIETNAMESE FOOD** (Rice Tuesdays & Thursdays only)

Fried Rice - Small		<b>\$2.50</b>
Fried Rice - Large		<b>\$4.00</b>
Steamed Dim Sims		<b>\$1.50</b>

**LUNCH BAGS** are available

10 lunch order bags		<b>50c</b>
20 lunch order bags		<b>\$1.00</b>

**SPECIALS (Monday, Friday)**

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

**SPECIALS (Wednesday)**

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

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

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

**DRINKS (counter sale or through lunch orders)**

Nippy's Juice 300ml - orange, orange & mango, apple, and blackcurrant		<b>\$1.90</b>
600ml Spring Water		<b>\$1.90</b>
Nippy's flavoured milk 250ml — strawberry, chocolate and honeycomb		<b>\$1.80</b>
Slushi		<b>\$2.00</b>
Flavoured Ice Tea (Caffeine Free) 250ml		<b>\$2.00</b>

## 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](http://www.decd.sa.gov.au/rightbite)



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