



Virginia Primary School

"Learning Together, Learning for our Future"

RESPECT CARING FAIRNESS ACHIEVEMENT DIVERSITY

Summer - Term 1 & 4

CANTEEN MENU



right bite

for schools and preschools

OPEN EVERYDAY

LAST UPDATED: TERM 3, 2016



Government of South Australia

Department for Education and
Child Development

Park Road,
Virginia SA 5120



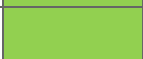






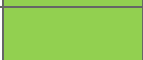
Phone: 8380 9292

Fax: 8380 9576





Email: dl.0455.info@schools.sa.edu.au

Website: www.virginiaps.sa.edu.au



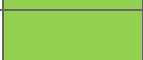
GREEN**Choose Plenty****AMBER****Select Carefully****SANDWICHES** (made with wholemeal bread - lunch order only)

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

DAILY MEALS

Fish Fillet Burger		\$4.00
Meatball Sub		\$4.00
Sushi - Tuna		\$2.50
Sushi - Teriyaki		\$2.50

WRAPS

Ham (97% fat free)		\$3.50
Roast Chicken		\$3.80
* Sweet Chilli Chicken		\$3.80

VIETNAMESE FOOD

Full Vietnamese Roll		\$4.50
Half Vietnamese Roll		\$2.50

SALAD PLATES

Salad Plate (1) Ham (97% fat free)		\$3.50
Salad Plate (2) as above, plus egg		\$4.00

OVEN ROASTED CHICKEN SALAD

*Chicken, tomato, cucumber, lettuce & egg



\$4.50

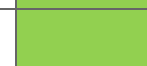
SPECIALS (Monday, Wednesday, Friday)

Monday - Fried Rice (small)



\$2.50

Monday - Fried Rice (large)



\$4.00

Wednesday - Chicken Burgers



\$4.00

Friday - Cold Rolls



\$2.50

COUNTER SALES (available during recess & lunch only)

Variety Chips



\$1.00 - \$1.50

Gingerbread Man



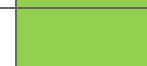
\$1.50

Cheese Sticks



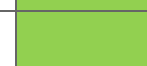
80c each

Tubs of fruit salad



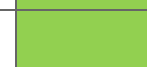
\$1.60

Tubs of flavoured Custard



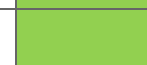
\$1.60

Mini Muffins



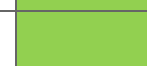
20 - 50¢ each

Le Snack



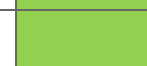
\$1.00

Tuna to Go



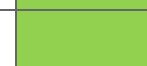
\$2.50

Assorted Ice Blocks



25¢ - \$1.50

Slushi



\$2.00

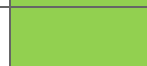
DRINKS (counter sale or through lunch orders)

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

LUNCH BAGS are available

10 lunch order bags

50c

20 lunch order bags

\$1.00

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**