

VIRGINIA PRIMARY

# Canteen

MENU 2024

## Specials

Monday - Sausage Rolls \$4.00

Tuesday — Pizza (Ham & Cheese or Salami & Cheese or Plain Cheese) (NO VARIATIONS) \$4.00

Wednesday - Hot Dogs \$4.00

Friday - Fried Rice \$4.00

## Hot Food - No Variations

Fish Fillet Burger with Lettuce and Mayo \$4.00

Baked Potato w' Ham, Cheese & Sour Cream \$4.00

Meatball Sub w' Cheese and Pizza Sauce \$4.00

Homemade Spaghetti Bolognese \$4.00

Nachos \$3.50

## Salads

Ham \$4.00

Roast Chicken or Sweet Chili Chicken \$4.00

(Includes Lettuce, Tomato, Cucumber, Cheese and Egg)

## Wraps -Sandwiches Daily Wholemeal Wraps and Bread

Roast Chicken or Sweet Chili Chicken \$3.00

Ham (97% fat free) \$3.00

Tuna \$3.00

Cheese (light) or Cream Cheese \$3.00

Egg \$3.00

Vegemite \$2.50

Jam \$2.50

Extras - Tomato, Lettuce or Cucumber 0.20c EA

Sauce or Mayo 0.20c EA

Extra - Egg or Cheese 0.50c EA

## Snacks - During Recess and Lunch (Not through lunch orders)

Variety of Chips, Dry Noodles and Oreos \$1 - \$2

Cheese Stick \$1.00

Chocolate Custard \$2.00

## Recess Baked Specials

Subject to variation \$1.00

## Drinks

Bottled Juice 350ml - Apple, Orange, Apple & Blackcurrant	\$2.50
Spring Water	\$2.00
Flavored Milk 250ml - Strawberry, Chocolate, Honeycomb	\$2.50
Iced Tea 250ml - Peach, Lemon, Raspberry, Blackcurrant	\$2.50

## From the Freezer (Not through lunch orders)

Zooper Dooper - Fruit Based	\$1.00
Frozen Nippy's Cup - Orange or Blackcurrant	\$1.50
Iced Mony's	\$1.00
Moosies	\$1.50
Vanilla Cups	\$2.00

## Lunch Bags

10 Lunch Bags	\$0.50
20 Lunch Bags	\$1.00

Please include your child's name and class room on lunch bag.

Due to health and Safety regulations food **CANNOT** be reheated at the canteen. Boiling water **WILL NOT** be given out.

For further enquiries contact Karen in the Canteen. Ph 8380 9292



## Food and Drink Spectrum



GREEN

### choose plenty

Encourage and promote these food and drinks. They:

- reflect the five food groups in the circle of the Australian Guide to Healthy Eating
- are excellent sources of important nutrients
- are low in saturated fat and/or sugar and/or salt
- help to avoid an intake of excess energy (kilojoules or calories).



AMBER

### select carefully

Do not let these food and drinks dominate the choices and avoid large serving sizes. They:

- have some nutritional value
- contain moderate amounts of saturated fat and/or added sugar and/or salt (often added during processing)
- can, in large serve sizes, contribute excess energy (kilojoules or calories).



RED

These foods and drinks are banned from sale in SA school canteens and preschools. Schools and Preschools may provide some RED category products a maximum of twice a term on whole of school or preschool occasions. They:

- lack adequate nutritional value
- are high in saturated fat and/or sugar and /or salt
- can contribute excess energy (kilojoules or calories).

