

OVERPORT PRIMARY SCHOOL

CANTEEN PRICE LIST 2016

Monday CLOSED

Tuesday COUNTER SALES NO LUNCH ORDERS

Wednesday, Thursday & Fridays

COUNTER SALES & LUNCH ORDERS

ORDERING A LUNCH

When sending a lunch order with your child,
Please write the following clearly in the centre
of a bag

Name, Grade

Food order

Amount of money enclosed

Please supply two bags, one for hot food,
one for drinks & snacks.

The canteen will supply bags at a charge of 5c per bag.

*All chicken products are chicken breast meat.

*Cheese is low fat Tasty.

*White bread is used unless wholemeal is requested.

* Pies are heart foundation approved

Hot Dogs are a red Sometimes food & only available

FRIDAYS

FOOD ALLERGIES

Warning Many commercial snack products may not contain peanuts but they are produced on machinery that has processed nuts at some point. Please make sure your child is aware of the items they can safely eat.

☺ HAPPY SMILE SYSTEM ☺

All foods on this canteen menu are ranked with Smiley Faces according to nutritional value. This allows you & your child to make informed choices about your daily food intake

☺ = Enjoy these foods as SOMETIMES treat

☺☺ = These foods are a BETTER choice

☺☺☺ = These foods are the BEST choice



SANDWICH BAR

Vegemite	\$1.50
Honey	\$1.50
Ham	\$2.50
Cheese	\$2.50
Salad	\$3.00
[Lettuce carrot tomato Beetroot]	
Tuna	\$3.00
Chicken	\$3.50
<u>Add Salad</u>	
Lettuce, carrot	40c each
Tomato, beetroot	60c
Cheese	20c
Sauce/mayo	

JAFFLES 😊😊😊

[Any of the above fillings] +
 Baked Beans \$2.50
 Beans & Cheese \$3.00

Spaghetti \$2.50
 Spaghetti & Cheese \$3.00

Jaffle Munch Lunch

😊😊😊 \$4.20

Select one of each

Cheese, Spaghetti or Baked beans

Seasonal Fruit or small tube

Plain Spring water or juice

HOT FOOD 😊😊😊

Chicken Wrap \$4.40
 [Crunchy slaw salad & Sweet chilli sauce]

Hawaiian Wrap \$4.40
 [Ham Cheese Pineapple Crunchy slaw salad]

Mexican Wrap \$4.80
 [Chicken cheese salsa Crunchy slaw salad]

Wraps can be served cold upon request

Saucey Sub

Meat balls in tasty tomato sauce \$3.00
 With cheese \$3.60

NEW*

*Fried rice \$4.00

*Baked Potato \$4.00

Select topping
 Cheese & Slaw Salad
 Spaghetti or Baked beans

Bolognaise Twista \$4.50
 Corn \$1.00

HOT FOOD 😊😊😊

Pizza [Margherita] \$3.30
 Noodles \$2.80
 [Chicken, oriental]
 Party pie \$1.50 each

Build a burger \$4.00
 Chicken breast burger
 [potato crumb]

Add
 Cheese 60c
 Salad 40c each
 Lettuce, carrot
 Tomato, beetroot

Mayo/ tomato sauce 20c
 Sweet chilli

HOT FOOD 😊

As a RED sometimes food these will only be available on

FRIDAYS

Hot Dog \$3.80
 With cheese \$4.40

Sauce on hot food 20c

DRINKS 😊😊😊

Spring Water \$1.00
 Big M \$2.65
 Strawberry, Chocolate
 Plain Milk \$2.50

DRINKS 😊😊😊

Just Juice \$1.85
 Apple, Tropical, blackcurrant

DRINKS 😊😊😊

Fruit Flavoured \$2.50
 Spring Water
 Orange, Lime/lemon

DESSERTS 😊😊😊

Frozen Yoghurt \$2.50
 Pancake \$2.00
 Topping Honey,
 Fruit Jelly \$1.70
 Add Yoghurt 50c

SNACKS 😊😊😊

* Koala Popcorn
 Lightly salted \$1.50
 or bbq
 *Delites \$1.00
 Sour Cream or sweet Chilli
Gluten free
 😊😊😊

Noodle snack \$1.00
 Grain waves \$1.50
 JJ's chicken \$1.70
 Gingerbread \$2.00
 Choc chip muffin \$2.50