OVERPORT PRIMARY SCHOOL
CANTEEN PRICE LIST 2014
Lunch orders are available Wednesday, Thursday & Fridays

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.

*Pastry products are 40% low fat heart foundation approved.
*All chicken products are chicken breast meat.
*Cheese is low fat Tasty.
*White bread is used unless wholemeal is requested.

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 the foods on this canteen menu are ranked
with a number of Smiley Faces according to
nutrition. This is to allow you & your child to
make informed choices about your daily food
intake.

😊 = Enjoy these foods as an occasional treat
😊😊 = These foods are a better choice
😊😊😊 = These foods are the best choice
**SANDWICHES ☺☺ ☺☺**

And **JAFFLES**

Rolls add an extra 20c

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$1.30</td>
</tr>
<tr>
<td>Honey</td>
<td>$1.30</td>
</tr>
<tr>
<td>Ham</td>
<td>$2.50</td>
</tr>
<tr>
<td>Ham &amp; Tomato</td>
<td>$3.30</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.20</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$3.10</td>
</tr>
<tr>
<td>Salad</td>
<td>$2.70</td>
</tr>
<tr>
<td>[Lettuce, carrot, tomato] Chicken, Lettuce</td>
<td>$3.90</td>
</tr>
<tr>
<td>Tuna &amp; Lettuce</td>
<td>$3.00</td>
</tr>
</tbody>
</table>

**Extra salad add 20c per salad item**

**JAFFLES ☺☺ ☺☺**

[Any of the above fillings] +

- Baked Beans $2.00
- Beans & Cheese $2.50
- Spaghetti $2.00
- Spaghetti & Cheese $2.50

**MUNCH LUNCH ☺☺ ☺☺**

$3.80

Select one of each

<table>
<thead>
<tr>
<th>Item</th>
<th>Cheese</th>
<th>Dessert</th>
<th>Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jaffle</td>
<td>Cheese</td>
<td>Dessert</td>
<td>Drink</td>
</tr>
<tr>
<td>Baked bean or Spaghetti</td>
<td>fruit</td>
<td>spring</td>
<td>water</td>
</tr>
<tr>
<td>or</td>
<td>or</td>
<td>or</td>
<td>or</td>
</tr>
</tbody>
</table>

**NEW HOME MADE**

Lasagne $4.50

**HOT FOOD ☺☺ ☺☺**

- Meat ball Wrap $4.50
  - [Cheese lettuce salsa]
- Chicken Wrap $3.90
  - [Lettuce & Sweet chilli sauce]
- Hawaiian Wrap $4.00
  - [Ham Cheese Pineapple Lettuce]
- Mexican Wrap $4.50
  - [Chicken cheese salsa lettuce]

**HOT FOOD ☺☺ ☺☺**

- Chicken Dip in Stix $4.50
- Pizza $3.10
- Noodles $2.60
- Chicken, oriental Party pie $1.40 each
- Build a burger $4.00
  - Chicken breast burger
  - Add Cheese 50c
  - Add Salad 20c each
  - Lettuce, tomato, carrot, Beetroot
  - Mayo/tomato sauce 20c
  - Sweet chilli 20c

**HOT FOOD ☻☻ ☻☻**

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**DRINKS ☻☻ ☻☻**

- Spring Water $1.00
- Up N Go Banana $2.30
- Big M $2.40
- Strawberry, Chocolate
- Just Juice $1.70
  - Apple, Tropical, Apple/blackcurrant

**HOT FOOD ☻☻ ☻☻**

- Mineral Water $2.30
- Cola, Orange, Creamy Soda
- Frozen Yoghurt $2.10
- # Popcorn $1.60
- Plain, cheese
- Grain Waves $1.60
- Sour cream
- JJ's $1.50
- Chicken, bbq, pizza
- Red Rock Chips $1.60
- Chicken honey soy
- Noodle Snacks $1.00
- Chicken, bbq
- # Delites rice chips $1.00
  - Bbq, sour cream
- Gingerbread $1.80
- Choc chip muffin $2.30
  - # Gluten free