

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

Vegemite \$1.30

Honey \$1.30

Ham \$2.50

Ham & Tomato \$3.30

Ham & Cheese \$3.50

Cheese \$2.20

Cheese & Tomato \$3.10

Salad \$2.70

[Lettuce, carrot, tomato]

Chicken, Lettuce \$3.90

& mayo

Tuna & Lettuce \$3.00

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

Jaffle Dessert Drink

Cheese seasonal spring

Baked bean fruit water

or or or

Spaghetti icy tube apple
juice

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]

NEW HOME MADE

Lasagne \$4.50

Corn Cob \$1.00

Baked Potato \$3.00

+ butter or mayo

Add toppings

Cheese \$1.00

Beans/Spaghetti 50c

Salad \$1.00

[Lettuce, carrot, tomato]

HOT FOOD 😊 😊

Chicken Dip in Stix \$4.50

Pizza \$3.10

Noodles \$2.60

Chicken, oriental

Party pie \$1.40each

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 😊

Hot Dog \$3.30

With cheese \$3.80

Sauce with all hot food 20c

DRINKS 😊 😊 😊

Spring Water \$1.00

Up N Go \$2.30

Banana

Big M \$2.40

Strawberry, Chocolate

Just Juice \$1.70

Apple, Tropical,

Apple/blackcurrant



Mineral Water \$2.30

Cola, Orange,

Creamy Soda

DESSERTS 😊 😊

Frozen Yoghurt \$2.10

SNACKS



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