

**NOTRE DAME
CATHOLIC PRIMARY SCHOOL
WINTER MENU**

TERMS 2 & 3

**OPENING HOURS
MONDAY, WEDNESDAY & FRIDAY
8AM - 1.30**

**CONTACT DETAILS
KAYLEEN MCLEAN
6272 7114**

OUR SCHOOL CANTEEN COMPLIES WITH THE GOVERNMENT HEALTHY FOOD AND DRINK POLICY, WHICH WAS INTRODUCED IN 2008 TO ALL CATHOLIC SCHOOLS.

THE MENU IS BASED ON THE TRAFFIC LIGHT SYSTEM

- **GREEN PRODUCTS:** healthy food options and should be eaten daily
- **AMBER PRODUCTS:** are less healthy food options and should be eaten as an occasional treat
- **RED PRODUCTS:** are unhealthy food options and are unavailable for sale in Australian canteens

**THE CANTEEN RELIES ON THE SUPPORT OF VOLUNTEERS.
IF YOU ARE ABLE TO HELP EVEN FOR AN HOUR PLEASE COME AND SEE ME.
ALL ARE WELCOME MUMS, DADS, AUNTIES, UNCLES AND GRANDPARENTS.
HOPE TO SEE YOU SOON.**

KINDY STUDENTS ARE NOT ALLOWED TO ORDER FROM THE CANTEEN FOR RECESS OR LUNCH

PRE SCHOOL STUDENTS ARE ONLY ALLOWED TO ORDER LUNCH

WHEN ORDERING PLEASE:

- 1. USE A SEPARATE BAG FOR RECESS & LUNCH ORDERS**
- 2. ENSURE YOUR NAME, CLASS & ORDER ARE WRITTEN CLEARLY ON BAGS (BAGS ARE SUPPLIED BY THE CANTEEN & CAN BE TAKEN HOME AND PRE-FILLED)**
- 3. HAVE YOUR ORDER IN BY 9am**
- 4. DON'T STICKY TAPE OR STAPLE LUNCH BAGS**

MONDAY TERM 2 & 3 CANTEEN MENU

RECESS

PIKELETS (MAX 3 PER ORDER)	\$0.20
CHICKEN NUGGETS PKT 3 (MAX 1 PKT PER ORDER)	\$1.30
CORN COB	\$1.00
PIZZA SUB	\$1.50
CHEESIE	\$1.20
CHEESE FINGERS (MAX 3 PER ORDER)	\$0.10
YOGHURT (STRAWBERRY, PEACH & MANGO or VANILLA)	\$2.00
APPLE SLINKY	\$1.00
FRESH FRUIT	\$0.50-\$1.00

DRINKS

APPLE JUICE	\$1.20
APPLE BLACKCURRANT JUICE	\$1.20
ORANGE JUICE	\$1.20
MOO CHOCOLATE MILK	\$1.50
MOO STRAWBERRY MILK	\$1.50
WATER	\$1.00

LUNCH HOT ROLLS

WHITE HOT DOG ROLLS WITH SEASAME SEEDS

	WHOLE	HALF
HAM	\$4.00	\$2.00
HAM & CHEESE	\$4.30	\$2.30
CHICKEN	\$4.00	\$2.00
CHICKEN & CHEESE	\$4.30	\$2.30
CHICKEN & MAYO	\$4.30	\$2.30
EGG	\$4.00	\$2.00
EGG & CHEESE	\$4.30	\$2.30
TUNA	\$4.00	\$2.30
TUNA & CHEESE	\$4.30	\$2.30

ADD MAYO \$0.30 ADD CHEESE \$0.30

ADD PINEAPPLE \$0.30 ADD TOMATO \$0.30

LUNCH CONT...

Beef pies	\$2.50
Sausage rolls	\$1.50
Tomato sauce portions	\$0.20

PIES & SAUSAGE ROLLS ARE LOW IN SALT & FAT

SALADS

SALAD BOXES & CUPS COME WITH A SLICE OF BREAD & BUTTER AND ONE OF THE FOLLOWING PROTEINS: CHICKEN, EGG, HAM or TUNA

SALAD BOX	\$5.50
LETTUCE, CARROT, CHEESE, CELERY, CHERRY/GRAPE TOMATOES, SUGAR SNAP PEAS & DICED BEETROOT	
ADD CRUSHED PINEAPPLE FOR AN EXTRA \$0.30	

SALAD CUP	\$3.00
LETTUCE, CARROT & CHEESE	

CHICKEN LITTLE MEAL DEAL	\$6.00
3 CHICKEN NUGGETS	
SALAD (LETTUCE, CHEESE & CARROT)	
APPLE or ORANGE	
SLICE OF BREAD & BUTTER	
BOTTLE OF WATER	

AFTER LUNCH TREATS

AFTER LUNCH TREATS CAN'T BE ORDERED AND ARE ONLY AVAILABLE FROM 12.45-1 TO YEARS 1-6

VANILLA ICECREAM TUB	\$1.00
QUELCH STICK WHOLE	\$0.60
QUELCH STICK HALF	\$0.30

LUNCH CONT...

SANDWICHES

FRESH (F) or TOASTED (T)

SANDWICHES AVAILABLE IN WHITE OR MULTIGRAIN
ROUND ROLLS AVAILABLE IN WHITE OR WHOLEMEAL

	SANDWICH	ROLL
CHEESE	\$2.00	\$2.30
CHEESE & VEGEMITE	\$2.30	\$2.60
CHICKEN	\$3.20	\$3.50
CHICKEN & CHEESE	\$3.50	\$3.80
CHICKEN & SALAD	\$4.90	\$5.20
CHICKEN, SALAD & CHEESE	\$5.20	\$5.50
EGG	\$3.20	\$3.50
EGG & CHEESE	\$3.50	\$3.80
EGG & SALAD	\$4.90	\$5.20
EGG, SALAD & CHEESE	\$5.20	\$5.50
HAM	\$3.20	\$3.50
HAM & CHEESE	\$3.50	\$4.00
HAM & SALAD	\$4.90	\$5.20
HAM, SALAD & CHEESE	\$5.20	\$5.50
SALAD	\$3.70	\$4.00
SALAD & CHEESE	\$4.00	\$4.30
TUNA	\$3.20	\$3.50
TUNA & CHEESE	\$3.50	\$3.80
TUNA & SALAD	\$4.90	\$5.20
TUNA, SALAD & CHEESE	\$5.20	\$5.50
VEGEMITE	\$2.00	\$2.30
VEGEMITE & CHEESE	\$2.30	\$2.60

ADD MAYO \$0.30

ADD PINEAPPLE \$0.30

ADD TOMATO \$0.30

GLUTEN FREE (GF) AVAILABLE IN WHITE OR PUMPKIN FOR AN EXTRA \$0.50

WEDNESDAY TERM 2 & 3 CANTEEN MENU

RECESS

PIZZA SUB	\$1.50
POPCORN	\$0.50
CORN COB	\$1.00
CHEESIE	\$1.20
CHEESE FINGERS	\$0.10
(MAX 3 PER ORDER)	
CUSTARD & FRUIT CUPS	\$1.20
YOGHURT	\$2.00
(STRAWBERRY, PEACH & MANGO or VANILLA)	
APPLE SLINKY	\$1.00
FRESH FRUIT	\$0.50-\$1.00

SEE CANTEEN FOR DAILY FRUIT & PRICES

DRINKS

APPLE JUICE	\$1.20
APPLE BLACKCURRANT JUICE	\$1.20
ORANGE JUICE	\$1.20
MOO CHOCOLATE MILK	\$1.50
MOO STRAWBERRY MILK	\$1.50
WATER	\$1.00

LUNCH

HOT ROLLS

WHITE HOT DOG ROLLS WITH SEASAME SEEDS

	WHOLE	HALF
HAM	\$4.00	\$2.00
HAM & CHEESE	\$4.30	\$2.30
CHICKEN	\$4.00	\$2.00
CHICKEN & CHEESE	\$4.30	\$2.30
CHICKEN & MAYO	\$4.30	\$2.30
EGG	\$4.00	\$2.00
EGG & CHEESE	\$4.30	\$2.30
TUNA	\$4.00	\$2.30
TUNA & CHEESE	\$4.30	\$2.30

ADD MAYO \$0.30 ADD PINEAPPLE \$0.30

ADD TOMATO \$0.30 ADD CHEESE \$0.30

LUNCH CONT...

SANDWICHES

FRESH (F) or TOASTED (T)

SANDWICHES AVAILABLE IN WHITE OR MULTIGRAIN

ROUND ROLLS AVAILABLE IN WHITE OR WHOLEMEAL

	SANDWICH	ROLL
CHEESE	\$2.00	\$2.30
CHEESE & VEGEMITE	\$2.30	\$2.60
CHICKEN	\$3.20	\$3.50
CHICKEN & CHEESE	\$3.50	\$3.80
CHICKEN & SALAD	\$4.90	\$5.20
CHICKEN, SALAD & CHEESE	\$5.20	\$5.50
EGG	\$3.20	\$3.50
EGG & CHEESE	\$3.50	\$3.80
EGG & SALAD	\$4.90	\$5.20
EGG, SALAD & CHEESE	\$5.20	\$5.50
HAM	\$3.20	\$3.50
HAM & CHEESE	\$3.50	\$4.00
HAM & SALAD	\$4.90	\$5.20
HAM, SALAD & CHEESE	\$5.20	\$5.50
SALAD	\$3.70	\$4.00
SALAD & CHEESE	\$4.00	\$4.30
TUNA	\$3.20	\$3.50
TUNA & CHEESE	\$3.50	\$3.80
TUNA & SALAD	\$4.90	\$5.20
TUNA, SALAD & CHEESE	\$5.20	\$5.50
VEGEMITE	\$2.00	\$2.30
VEGEMITE & CHEESE	\$2.30	\$2.60

ADD MAYO \$0.30

ADD PINEAPPLE \$0.30

ADD TOMATO \$0.30

GLUTEN FREE (GF) AVAILABLE IN WHITE OR PUMPKIN FOR AN EXTRA \$0.50

LUNCH CONT...

SALADS

SALAD BOXES & CUPS COME WITH A SLICE OF BREAD & BUTTER AND ONE OF THE FOLLOWING PROTEINS:

CHICKEN, EGG, HAM or TUNA

SALAD BOX	\$5.50
LETTUCE, CARROT, CHEESE, CELERY, CHERRY/GRAPE TOMATOES, SUGAR SNAP PEAS & DICED BEETROOT	
ADD CRUSHED PINEAPPLE FOR AN EXTRA \$0.30	

SALAD CUP	\$3.00
LETTUCE, CARROT & CHEESE	

HAMBURGER MEAL DEAL	\$3.50
MINI BEEF PATTIE IN A MINI WHITE ROLL	
SALAD (LETTUCE, CHEESE & CARROT)	
EXTRA BURGER AVAILABLE	\$1.50

AFTER LUNCH TREATS

AFTER LUNCH TREATS CAN'T BE ORDERED AND ARE ONLY AVAILABLE FROM 12.45-1 TO YEARS 1-6

VANILLA ICECREAM TUB	\$1.00
QUELCH STICK WHOLE	\$0.60
QUELCH STICK HALF	\$0.30

DON'T FORGET TO ORDER YOUR SUSHI TODAY FOR FRIDAY

FRIDAY TERM 2 & 3 CANTEEN MENU

RECESS

FISH BITES	\$1.70
(MAX 1 PKT PER ORDER)	
FRUIT MUFFINS	\$1.00
SEE CANTEEN FOR MUFFIN VARIETY	
CORN COB	\$1.00
PIZZA SUB	\$1.50
CHEESIE	\$1.20
CHEESE FINGERS	\$0.10
(MAX 3 PER ORDER)	
YOGHURT	\$2.00
(STRAWBERRY, PEACH & MANGO or VANILLA)	
APPLE SLINKY	\$1.00
FRESH FRUIT	\$0.50-\$1.00

SEE CANTEEN FOR DAILY FRUIT & PRICES

DRINKS

APPLE JUICE	\$1.20
APPLE BLACKCURRANT JUICE	\$1.20
ORANGE JUICE	\$1.20
MOO CHOCOLATE MILK	\$1.50
MOO STRAWBERRY MILK	\$1.50
WATER	\$1.00

LUNCH HOT ROLLS

WHITE HOT DOG ROLLS WITH SEASAME SEEDS

	WHOLE	HALF
HAM	\$4.00	\$2.00
HAM & CHEESE	\$4.30	\$2.30
CHICKEN	\$4.00	\$2.00
CHICKEN & CHEESE	\$4.30	\$2.30
CHICKEN & MAYO	\$4.30	\$2.30
EGG	\$4.00	\$2.00
EGG & CHEESE	\$4.30	\$2.30
TUNA	\$4.00	\$2.30
TUNA & CHEESE	\$4.30	\$2.30

ADD MAYO \$0.30 ADD PINEAPPLE \$0.30

ADD TOMATO \$0.30 ADD CHEESE \$0.30

LUNCH CONT...

SANDWICHES

FRESH (F) or TOASTED (T)

**SANDWICHES AVAILABLE IN WHITE OR MULTIGRAIN
ROUND ROLLS AVAILABLE IN WHITE OR WHOLEMEAL**

	SANDWICH	ROLL
CHEESE	\$2.00	\$2.30
CHEESE & VEGEMITE	\$2.30	\$2.60
CHICKEN	\$3.20	\$3.50
CHICKEN & CHEESE	\$3.50	\$3.80
CHICKEN & SALAD	\$4.90	\$5.20
CHICKEN, SALAD & CHEESE	\$5.20	\$5.50
EGG	\$3.20	\$3.50
EGG & CHEESE	\$3.50	\$3.80
EGG & SALAD	\$4.90	\$5.20
EGG, SALAD & CHEESE	\$5.20	\$5.50
HAM	\$3.20	\$3.50
HAM & CHEESE	\$3.50	\$4.00
HAM & SALAD	\$4.90	\$5.20
HAM, SALAD & CHEESE	\$5.20	\$5.50
SALAD	\$3.70	\$4.00
SALAD & CHEESE	\$4.00	\$4.30
TUNA	\$3.20	\$3.50
TUNA & CHEESE	\$3.50	\$3.80
TUNA & SALAD	\$4.90	\$5.20
TUNA, SALAD & CHEESE	\$5.20	\$5.50
VEGEMITE	\$2.00	\$2.30
VEGEMITE & CHEESE	\$2.30	\$2.60

ADD MAYO \$0.30

ADD PINEAPPLE \$0.30

ADD TOMATO \$0.30

**GLUTEN FREE (GF) AVAILABLE IN WHITE OR PUMPKIN FOR AN
EXTRA \$0.50**

AFTER LUNCH TREATS

**AFTER LUNCH TREATS CAN'T BE ORDERED AND ARE ONLY
AVAILABLE FROM 12.45-1 TO YEARS 1-6**

VANILLA ICECREAM TUB	\$1.00
QUELCH STICK WHOLE	\$0.60
QUELCH STICK HALF	\$0.30

LUNCH CONT...

SOUP	\$4.00
(SERVED WITH A SLICE OF BREAD AND BUTTER)	
SEE CANTEEN FOR SOUP VARIETY	
SOUP IS SERVED TEPID AND MUST BE COLLECTED FROM THE CANTEEN	

SALADS

**SALAD BOXES & CUPS COME WITH A SLICE OF BREAD
& BUTTER AND ONE OF THE FOLLOWING PROTEINS:**

CHICKEN, EGG, HAM or TUNA

SALAD BOX **\$5.50**

LETTUCE, CARROT, CHEESE, CELERY, CHERRY/GRAPE
TOMATOES, SUGAR SNAP PEAS & DICED BEETROOT
ADD CRUSHED PINEAPPLE FOR AN EXTRA \$0.50

SALAD CUP **\$3.00**

LETTUCE, CARROT & CHEESE

OCEAN DELIGHTS **\$6.00**

2 FISH NUGGETS

SALAD (LETTUCE, CHEESE & CARROT)

APPLE or ORANGE

SLICE OF BREAD & BUTTER

BOTTLE OF WATER

SUSHI

TERIYAKI CHICKEN (GF), VEGETABLE (GF)

COOKED TUNA,

4 PIECE \$3.30

5 PIECE \$3.80

6 PIECE \$4.30

**SUSHI MUST BE ORDERED WEDNESDAY
RECESS FOR FRIDAY. PLEASE INCLUDE
HOW MANY PIECES AS WELL AS VARIETY
WHEN ORDERING SUSHI**