

**NOTRE DAME  
CATHOLIC PRIMARY SCHOOL  
SUMMER MENU**

**TERMS 1 & 4**

**OPENING HOURS  
MONDAY, WEDNESDAY & FRIDAY  
8AM - 1PM**

**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 1 & 4 CANTEEN MENU

### RECESS

PIKELETS	\$0.20
(MAX 1 PKT PER ORDER)	
CHICKEN NUGGETS PKT 3	\$1.30
(MAX 1 PKT PER ORDER)	
PIZZA SUB	\$1.50
CHEESIE	\$1.20
CHEESE FINGERS	\$0.10
(MAX 3 PER ORDER)	
FRUIT SALAD SM	\$3.00
FRUIT SALAD LG	\$6.00
YOGHURT	\$2.00
(STRAWBERRY, PEACH & MANGO or VANILLA)	
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 SESAME 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...

#### 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

<b>SALAD BOX</b>	<b>\$5.50</b>
LETTUCE, CARROT, CHEESE, CELERY, CHERRY/GRAPE TOMATOES, SUGAR SNAP PEAS & DICED BEETROOT	
<b>ADD CRUSHED PINEAPPLE FOR AN EXTRA \$0.30</b>	
<b>SALAD CUP</b>	<b>\$3.00</b>
LETTUCE, CARROT & CHEESE	

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

<b>FRUIT SALAD</b>	<b>SM \$3.00 LG \$6.00</b>
MAY HAVE FRESH & TINNED FRUIT DEPENDING ON AVAILABILITY AND PRICE OF FRESH FRUIT.	
<b>SORRY INDIVIDUAL FRUIT CAN'T BE REMOVED FOR YOUR TASTES/ALLERGIES</b>	

### 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

## WEDNESDAY TERM 1 & 4 CANTEEN MENU

### RECESS

PIZZA SUB	\$1.50
POPCORN	\$0.50
CHEESIE	\$1.20
CHEESE FINGERS	\$0.10
(MAX 3 PER ORDER)	
JELLY & FRUIT CUP	\$1.20
FRUIT SALAD SM	\$3.00
FRUIT SALAD LG	\$6.00
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 PATTI IN A MINI WHITE ROLL  
 SALAD (LETTUCE, CHEESE & CARROT)  
 EXTRA BURGER AVAILABLE \$1.50

**FRUIT SALAD SM \$3.00 LG \$6.00**  
 MAY HAVE FRESH & TINNED FRUIT DEPENDING ON AVAILABILITY AND PRICE OF FRESH FRUIT.  
**SORRY INDIVIDUAL FRUIT CAN'T BE REMOVED FOR YOUR TASTES/ALLERGIES**

### 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 1 & 4 CANTEEN MENU

## RECESS

FISH BITES	\$1.70
FRUIT MUFFINS	\$1.00
<b>SEE CANTEEN FOR MUFFIN VARIETY</b>	
PIZZA SUB	\$1.50
CHEESIE	\$1.20
CHEESE FINGERS (MAX 3 PER ORDER)	\$0.10
FRUIT SALAD SM	\$3.00
FRUIT SALAD LG	\$6.00
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
<b>ADD MAYO \$0.30 ADD PINEAPPLE \$0.30</b>		
<b>ADD TOMATO \$0.30 ADD CHEESE \$0.30</b>		

## 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...

### SALADS

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

**CHICKEN, EGG, HAM or TUNA**

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

<b>SALAD CUP</b>	<b>\$3.00</b>
LETTUCE, CARROT & CHEESE	

<b>OCEAN DELIGHTS</b>	<b>\$6.00</b>
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2 FISH NUGGETS  
SALAD (LETTUCE, CHEESE & CARROT)  
APPLE or ORANGE  
SLICE OF BREAD & BUTTER  
BOTTLE OF WATER

<b>FRUIT SALAD</b>	<b>SM \$3.00 LG \$6.00</b>
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MAY CONTAIN FRESH & TINNED FRUIT  
DEPENDING ON AVAILABILITY AND PRICE OF  
FRESH FRUIT.

**SORRY INDIVIDUAL FRUIT CAN'T BE REMOVED FOR YOUR TASTES/ALLERGIES**

## SUSHI

**TERIYAKI CHICKEN (GF), VEGETABLE (GF)**

<b>COOKED TUNA,</b>	
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**