

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 (MAX 3 PER ORDER) | \$0.20 |
| CHICKEN NUGGETS PKT 3 (MAX 1 PKT PER ORDER) | \$1.30 |
| 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 (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 | \$2.00 |
| TUNA & CHEESE | \$4.30 | \$2.30 |

ADD MAYO \$0.30 ADD CHEESE \$0.30

ADD PINEAPPLE \$0.30ADD 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 | \$3.80 |
| 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

CHICKEN LITTLE MEAL DEAL \$6.00

3 CHICKEN NUGGETS
SALAD (LETTUCE, CHEESE & CARROT)
APPLE or ORANGE
SLICE OF BREAD & BUTTER
BOTTLE OF WATER

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 |

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 | \$2.00 |
| 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 | \$3.80 |
| 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**

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 |
| (MAX 1 PKT PER ORDER) | |
| FRUIT MUFFINS | \$1.00 |
| SEE CANTEEN FOR MUFFIN VARIETY | |
| 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 |
| 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 | \$2.00 |
| 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 | \$3.80 |
| 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**

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

OCEAN DELIGHTS \$6.00

2 FISH NUGGETS
SALAD (LETTUCE, CHEESE & CARROT)
APPLE or ORANGE
SLICE OF BREAD & BUTTER
BOTTLE OF WATER

FRUIT SALAD SM \$3.00 LG \$6.00

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)

| | |
|--------------|--------|
| 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**