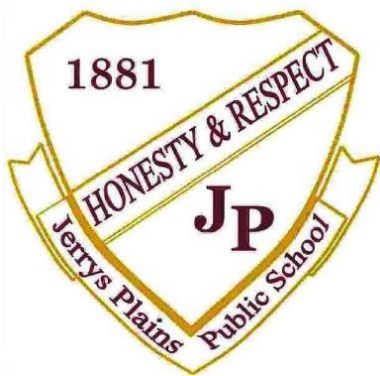


2018 WINTER CANTEEN MENU



DRINKS – Available Recess & Lunch

Bottle Water	\$1.00
Plain Milk /Chocolate / Strawberry Milk Poppers	\$1.50
Orange / Apple Juice Poppers	\$1.50

AFTERNOON BREAK 1PM

Fresh fruit – (Apple, Orange, Banana, Pear)	\$0.50
Slinky Apple	\$0.50
Pikelets - Jam/ butter or plain	\$2.00
English muffin with	
Vege, Cheese, Ham, Tomato, Mushroom	\$2.00
Cup of Pumpkin Soup	\$2.00
Raisin Toast (2 Slices)	\$2.00
Fruit Cups – (mixed fruit or one fruit)	\$2.00
Rockmelon or Watermelon Cup	\$2.00
French Toast (2 Slices)	\$3.00

FROZEN TREATS - Available Recess & Lunch

Frozen Orange Wedges	\$0.50
Berri Quelch Icy Poles	\$1.00
Frozen Yogurt	\$1.50
Frozen Juice Popper	\$1.50



LUNCH 11am

Pizza - Ham and Pineapple, Chicken and Cheese	\$2.00
Pumpkin Soup	\$2.00
Bucket Homemade Wedges	\$2.50
Wrap /Sandwich (Toasted available)	\$3.50

Meat Fillings available

Chicken, Lean Ham, salmon, Tuna, Rissoles
Served with cheese, tomato, lettuce, beetroot

Other Fillings available

Baked Beans, Spaghetti, Vegemite or Cheese	
Bucket Homemade Chicken Bites	\$4.00
Rissoles served with rice Vegetables and peas	\$4.00
Hamburgers Burger	
with cheese, tomato, lettuce, beetroot	\$4.00
Homemade Lasagne	\$4.00
Homemade Steak Pie	\$4.00
Jacket Potato with bolognaise mince & Cheese	\$4.00

Addition Salad Fillings Available @ \$0.20 per filling
onion, carrot and cucumber

Dressing/Sauce \$0.20

Low fat mayonnaise, Garlic Aioli, Tomato Sauce , BBQ Sauce

Canteen Guidelines



- Canteen runs on FRIDAY ONLY.
- Please include two separate bags for Recess & Lunch.
- Lunch Bags are an extra 20c
- Correct money is appreciated.
- Last orders MUST be in the front office by wednesday morning 9 am.
- NSW have changed canteen guidelines and are focused on healthy kids. More info can be found on www.Healthy-kids.com.au – There is now a shift to everyday foods or occasional foods rather than the old traffic light system
- CONTACTS Jerry's Plains Public School
65764018
Canteen Co-ordinator Donna Gittoes
0400477573