



# Eastern Fleurieu School



## R-6 Campus

## Winter Menu

### (Term 2 2017 and Term 3 2017)



“The **Right Bite** strategy aims to ensure that healthy food and drink choices are available in the South Australian Schools”.

The “**Right Bite**” guide uses the colours green and amber to classify the foods and drinks available according to their nutritional value and encourage children to choose healthier options.



## Sandwiches / Rolls / Wraps

	S/Wich	Roll	Wrap	
Egg and lettuce or Curried Egg and lettuce	\$4.00	\$4.50	\$4.50	G
Tuna, lettuce and mayo	\$4.00	\$4.50	\$4.50	G
Salad – lettuce, tomato, cucumber, carrot	\$4.00	\$4.50	\$4.50	G
Chicken	\$4.50	\$4.50	\$4.50	G
Chicken & salad – lettuce, tomato, carrot, cucumber	\$6.00	\$6.50	\$6.50	G
Ham	\$3.00	\$3.50	\$3.50	A
Ham & salad – lettuce, tomato, carrot, cucumber	\$5.00	\$5.80	\$5.80	G
Ham & Cheese (s/wich can be toasted)	\$4.00	\$4.50	\$4.50	A
Monster munch – cheese, lettuce, carrot	\$3.50	\$4.00	\$4.00	G
Baked bean toastie	\$2.50	N/A	N/A	G
Extras: tomato, lettuce, cucumber, carrot			.50¢ extra ea.	G
Cheese, gherkin, beetroot, egg			.60¢ extra ea.	G
Sauce, BBQ sauce, mustard or mayonnaise			.30¢ extra ea.	
Gluten Free Wraps available			add \$1.00 extra ea.	
(Chicken freshly cooked fillet)			All sandwiches and rolls are buttered	
<b>Additional Cold Foods</b>				
Cold Rolls—(2 per serve) Gluten free			\$4.00	G
Lettuce, carrot, noodles & cucumber				
add ham or tuna \$0.50c extra each or chicken \$1.50 extra				
<b>OVER THE COUNTER RECESS CHOICES</b>				
(Look out for "Specials" available on certain days)				
Garlic Bread	\$0.50c			
Pizza (ham and cheese topping)	Sml \$0.50 Lge \$1.00			
UFO – half melted cheese roll	\$1.00			
Cheesymite scroll	\$1.00			
Jelly	\$0.50¢			
Muffins	Sml \$0.50 Lge \$1.00			
Popcorn (when available)	\$0.50c ea			
Jumpys	\$1.00			
Sea Salt chips	\$1.20			

**\*see on back page for ice-blocks and drinks**

**(Available over counter)**



## Hot Food

Chicken Burger with lettuce, carrot and mayo	\$4.80	A/G
Spicy rooster wrap		
(sweet chilli tenders with lettuce, carrot and mayo)	\$4.80	A/G
Nemo treasure chest (crumbed fish) with mixed vegies	\$4.70	G
Nemo treasure chest (crumbed fish) with wedges	\$4.80	A
Burrito Wrap (mild spicy meat sauce with cheese, lettuce & carrot)	\$4.80	A
Nachos – corn chips, mild salsa and melted cheese	\$4.20	A
Vegetarian fried rice or Gluten Free Fried Rice	\$4.80	G/A
Ham and pineapple pizza	\$4.00	A
Jumba – hot ham and cheese roll	\$4.00	A
Lasagne	\$4.60	A
Nuggets (limit of six) gluten free also available	\$0.80ea.	A
Wedges (seasoned) Sweet chilli sauce \$0.50c, sour cream \$0.50c, tomato sauce sachet \$0.30	\$3.00	A
Cheeseburger - cheese , lettuce, meat patty and sauce	\$4.80	A/G
Lasagne Beef (Gluten Free)	\$5.00	A
Gluten Free Pizza	Half \$3.50	A
	Full \$7.00	A

## Hot Dogs or Meatball Subs (Meatballs are home-made)

Plain	\$3.50	A
With sauce only	\$3.80	A
With cheese only	\$4.00	A
With sauce and cheese	\$4.20	A
BBQ sauce or mustard 0.30¢ extra		

## BAKED POTATO

Spud 1 - Cheese only	\$4.50	A
Spud 2 - Ham and cheese	\$5.00	A
Spud 3 - Baked Beans	\$4.50	G
Classic - Cheese and coleslaw	\$5.50	A/G
Deluxe - Ham, cheese and coleslaw	\$6.00	A/G

## ITEMS BELOW ARE "AVAILABLE ON FRIDAYS" ONLY

Traveller meat pie	\$3.80	A
Good Eating Mrs Macs sausage roll	\$3.50	A
Junior pie	\$2.80	A
Tomato sauce sachet or BBQ sauce 0.30¢ extra		



## DRINKS

Water 600ml	\$1.80	G
Just Juice 200ml		
Orange, Apple, Tropical, Apple and Blackcurrant	\$1.80	A
Up And Go 250ml		
Chocolate, Strawberry, Vanilla	\$2.50	G
Chocolate or Strawberry Milk 250ml	\$2.60	G
Hot Chocolate (with or without a marshmallow)	\$1.00	



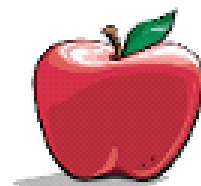
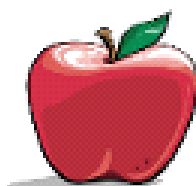
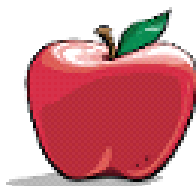
### ICEBLOCKS

Moozies (Chocolate/Strawberry/Banana)	\$1.00	A
Juicies (Tropical, Apple or Apple/Blackcurrant)	\$1.00	A
Vanilla Ice Cream Cups	\$1.00	A
Swings (Chocolate or Strawberry)	\$1.50	A
Chocolate Freeze Pops	\$1.00	A
Krazy Krush 100% pear juice base	\$2.00	A

**PLEASE NOTE: ALL SUBJECT TO AVAILABILITY**

Apples \$0.60¢ ea. or \$3.00 bag

Please place lunch orders at the canteen before 9am.  
 Extra lunch bags can be collected from canteen.  
 Correct money placed in bag is appreciated.  
 Like to volunteer, please contact Sharon 85362344



Thank you for your continued support of the canteen