



# **Parkfield Primary School Galley**

## **Term 2 and 3 Winter Menu 2020**

*Recess 10.55am*

*Lunch 1.15pm*

The Canteen will be open from 8:00am to 2:00pm

NOTE: All prices are subject to change.

Our Menu complies with the Australian School Canteen Association 'traffic light' guidelines with more than 60% of the items classified "green" and recommended for daily consumption. Amber items have been selected carefully and their availability to students is limited.

**Speak with our Manager, Eryn or call on 0406 425 560 / 9796 5900 for:**

**VOLUNTEERING:** Due to uncertain times, we'll not be requiring volunteers as per health recommendations

**DONATIONS:** Donations to keep the breakfast program running are always welcome

**SPECIAL DIETARY NEEDS:** For Students and Staff, please phone or drop in to discuss any special dietary needs.





\*\*\* ***LUNCH BAGS 5c each (10 for 50c, 20 for \$1)*** \*\*\*

## **RECESS**

Including Cheesies, Custard Cups, Yoghurt, Anzac Biscuits, Muffins, Weetbix Slice, Healthieries Snacks, Fruit Sticks, and these daily amber specials

<b>Monday:</b>	Pancakes	\$1.00
<b>Tuesday:</b>	Dino Nugget (Max of 4)	\$0.50
<b>Wednesday:</b>	Mini Hotdog (Max of 2)	\$1.00
<b>Thursday:</b>	Hash Browns (Max of 2)	\$1.00
<b>Friday:</b>	Dino Nugget (Max of 4)	\$1.00

## **DRINKS (available recess & lunch)**

 Water	\$1.50
 250ml 99% Fruit Juice (Apple / Apple & blackcurrant / Orange)	\$1.50
 250ml Chocolate Milk	\$2.50
 250ml Juice Bombs (Blackcurrant / Apple & Raspberry / Grape / Watermelon)	\$2.50
 <b><u>Milkshakes</u> (Lunch Only – Must pre order)</b> (not available to Kindy or Pre-Primary)	\$1.50

Chocolate / Strawberry / Spearmint / Mango / Blue Haven

\*\*Remember to **bring your lunch bag** up to canteen to get your milkshake\*\*

## **Ice-Creams (After 1.30pm)** (not available to Kindy or Pre-Primary)

 Ice-Creams and Frozen Yoghurts	\$0.50 - \$1.50
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# **\*\*\*EVERY DAY\*\*\***

## **HOT FOOD**






 Pasta Bolognese	(Home made)	\$4.00
 Chicken Curry & Nann Bread (mild)	(Home made)	\$4.00
 Crispy Chicken Wrap (carrot, lettuce, cheese & mayo)		\$4.00
 Lasagna	(Home made)	\$4.50

## **TOASTED SANDWICHES**

**(Bring your lunch bag to the canteen to collect)**

 Cheese		\$3.00
 Spaghetti		\$3.00
 Cheese & Spaghetti		\$3.50
 Ham & Cheese	(add tomato 0.50c)	\$3.50
 Chicken, Cheese & Mayo		\$4.00

## **ROLLS, SANDWICHES & WRAPS**

	<b>S/W</b>	<b>ROLL</b>	<b>WRAP</b>
 Salad (carrot, cucumber, tomato, lettuce)	\$3.00	\$3.50	\$3.50
 Egg & Mayo or Curried	\$3.50	\$4.00	\$4.00
 Ham & Salad	\$4.00	\$4.50	\$4.50
 Chicken & Salad	\$4.50	\$5.00	\$5.00
 Tuna & Salad	\$5.00	\$5.50	\$5.50

## **ADD YOUR FAVOURITES:**

Carrot, Cucumber, Lettuce	\$0.20
Beetroot, Pineapple, Tomato or Cheese	\$0.50
Egg	\$1.00
Make it gluten free	\$1.00

## **\*\*\*SPECIALS of the DAY\*\*\***

**\*\*Change to a Juice Bomb in your Lunch Box Add \$1.50**

### **MONDAY**

- + Lunch Box – 2 Mini Sausage Rolls / sauce** \$6.00 \*\*  
with pretzels, seasonal fruit, mini fruit muffin and juice box
- + Yummy Dummy's** (add a sauce sachet for .50c) \$1.50

### **TUESDAY**

- + Lunch Box – Mini Hotdog** with Weetbix Slice, snowpeas/carrots \$6.00 \*\*  
and cheese cubes, seasonal fruit and juice box
- + Sausage Roll** (add a sauce sachet for .50c) \$3.50

### **WEDNESDAY**

- + Lunch Box - 2 Chicken Yummy Drumsticks / sauce** \$6.00 \*\*  
with wedges, snowpeas/carrots/cherry tomatoes and cheese cubes  
and juice box
- + Party Pie** (add a sauce sachet for .50c) \$1.50

### **THURSDAY**

- + Lunch Box – Ham/Cheese Surprise Shaped Sandwich** \$6.00 \*\*  
with a hash brown, fruit kebab, yoghurt pouch and juice box

### **FRIDAY Burger Day**

- + Hamburger** with Salad (Lettuce, Cheese, Carrot and Mayo) \$5.00
- + Grilled Chicken Burger** with Salad (Lettuce, Cheese, Carrot and Mayo) \$5.00
- + Sausage Roll** (add a sauce sachet for .50c) \$3.50

**\*\*Change to a Juice Bomb in your Lunch Box Add \$1.50**