

ALDINGA BEACH B-7 SCHOOL 2016 CANTEEN MENU Canteen ph 85566018

OUR CANTEEN COMPLIES WITH THE SA GOVT 'HEALTHY EATING GUIDELINES' **G** – Green 'Everyday Foods' **A** – Amber, Sometimes Foods (3 serves per week, as per govt recommendations)
 Donations of Eggs and home grown fruit that are excess to your needs are always gratefully accepted. Orders MUST be in by 9.30am



Re-usable Lunch Bags only \$8.00 ea
 While stocks last

NEW DAILY SPECIALS (only available on days specified)

Monday – G - Hot Spud with Bolognese sauce	\$4.00
Tuesday –G – Spaghetti Bolognese	\$4.00
Wednesday – A- Beef Slider with a serve of Wedges	\$4.50
Thursday – G*-Sweet Chilli Chicken Tender + Salad Wrap	\$4.00
Friday – G*- Chicken Hawaiian Pizza with BBQ sauce	\$3.50

(G) BUILD YOUR OWN SANDWICH

1 FILLING -	\$2.00	
2 FILLINGS –	\$2.50	
3 FILLINGS –	\$3.00	Extra Fillings - Add 50c each

FILLINGS – Chicken, Ham, Cheese, Tomato, Cucumber, Lettuce, Coleslaw, Beetroot, Grated Carrot, Vegemite

SAUCES – ADD 30c – Tomato, Mayonnaise, BBQ Sauce, Sweet Chilli

ROLLS OR WRAPS – Add 50c

Salad Pack with 5 fillings \$4.00



HOT FOODS (Big Lunch only) * Canteen made items

G* - Quiche with Garden Salad	\$4.50
G* - Ham & Pineapple Pizza	\$3.20
G – Hot Spud Salad, cheese & sour cream	\$5.00
G - Hot Spud Sweet chilli sauce, cheese & sour cream	\$4.00
G – Lasagne	\$4.20
G – Mac N' Cheese	\$4.20
G* - Hot Ham and Cheese Roll	\$3.00
A- Chicken Burger with lettuce and Mayo	\$4.20
A – 6x Chicken Nuggets	\$3.20
A- Cup O Soup varieties with Bread	\$2.00
A- Balfours Better Bite Sausage Roll	\$2.80
A - Balfours Better Bite Junior (hexy) Pie	\$2.80
A – Balfours Better Bite Pie	\$3.70
A – Balfours Better Bite Pasty	\$3.70
G- Corn Cobbettes	\$1.00



SAUCE ADD 30c extra

COOL STUFF

DRINKS

Flavoured Milk Choc, Strw, Ban	\$2.10
Mountain Fresh Juice Varieties	\$2.10
Up N Go Varieties	\$2.10
Bottled Water 600ml	\$1.50
Fruit Slushy Varieties	\$2.00

ICEBLOCKS

Nice N Joosey	.60c
Fruit Cup	\$1.00
Mini Calippo/Joosies	\$1.00
Icy Twist	\$1.10
Paddle Pop Varieties from	\$1.60
Vanilla Dixie Cups	\$1.70
Shakey Shake	\$2.20
Range will vary depending on season and availability	



MUNCHIES

Yoghurt Tubs	\$1.00
Mousse with Fruit	\$1.20
Gingerbread	\$1.50
Popcorn	\$1.40
Red rock Chips	\$1.20
Muffin or Fruit Loaf	\$1.20
Seasonal Fruit	.70c
Fruit Kebab Term 1 & 4 only	.80c
Hot Choc Term 2 & 3 only	\$1.20

