

## RECESS ITEMS

These items may be purchased over the counter

### FOOD

Party Pies .....	\$1.00
Sausage Roll.....	\$4.00
Pizza .....	\$4.00
Turkish pide slice .....	\$1.50
Vegemite or savoury pinwheel.....	2 for \$1.50
M&M biscuits .....	2 for \$1.50
Assorted fruit buns .....	\$ 2.50
Cheese and Bacon roll .....	\$ 2.50
Banana Bread.....	\$ 3.00

### COLD DRINKS

Flavoured 600ml milk .....	\$ 4.00
Nippies low fat milk 375ml .....	\$3.00
Nippies low fat milk 250ml .....	\$2.50
Small O.J. pop top.....	\$ 2.50
Pop-top orange juice 500ml .....	\$ 4.00
Apple and blackcurrant juice 500ml .....	\$ 3.50
Dare ice coffee milk .....	\$ 4.00
Lipton ice tea .....	\$ 4.00
Assorted juice boxes .....	\$2.00
Water .....	\$2.00

### FROZEN ITEMS

Assorted Ice creams .....	from \$1 to \$4
Zooper Doopers .....	.75c
Orange juice crunches.....	\$1.50
Moosies.....	\$ 1.50

### OTHER ITEMS

Fruit salad large .....	\$3.50
Fruit salad small .....	\$2.50
Fruit assorted .....	each \$1.00
Chocolate Muffins .....	\$3.00
Chicken Noodles .....	\$2.00

## DESIGN YOUR OWN SALAD BOX

### 4 EASY STEPS



#### 1: Pick 1 Base

Spinach Leaves	
Rocket	
Mixed Lettuce	
Iceberg Lettuce	
Rice	
Pasta	

#### 2: Pick 5 items to add to base

Carrot		Roast Capsicum	
Tomato		Pinenuts	
Sundried tomato		Walnuts	
Grated cheese		Crunchy Noodles	
Low fat fetta		Alfalfa	
Beetroot		Pineapple	
Avocado		Corn	
Snow peas		Cucumber	
Roast Pumpkin		Diced Apple	
Roast sweet Potato		Pomegranate Seeds	

#### 3. Pick 1 item to add

Chicken	
Ham	
Turkey	
Tuna	
Egg	
Salami	

#### 4. Pick 1 item to add

Balsamic	
Chilli	
Mayo	
Lime juice	
Soy sauce and brown sugar	

NAME: \_\_\_\_\_

## The CAF 2021

### Menu



Healthy Choice



# LUNCH MENU

Please order items on this page for lunch. It is very difficult to estimate the amount of food to prepare each day. If you order then you get what you want and priority service.

## Term 1 & 4 Specials

- Tues:** Rice paper wraps..... each \$2.50  
**Wed:** Wedges with sour cream + salsa .....\$ 4.00  
**Thurs:** Sushi - chicken & avocado, chicken and vegetables, tuna and mayo .....per roll \$2.50  
**Fri:** Nachos with sour cream and salsa .....\$4.00

## Term 2 & 3 Specials

- Tues:** Baked potato - ham, cheese, coleslaw, sour cream \$ 5.00  
**Wed:** Gnocchi with bolognaise sauce .....\$ 5.00  
**Thur:** Wedges with- sour cream & salsa  
 - gravy  
 - sour cream & sweet chilli .....\$4.00  
**Fri:** Tomato Pasta Bake ..... \$ 4.50

## Vegetarian Options

- Toasted focaccias:** pumpkin, spinach, cheese, sundried tomatos  
**Pizza:** without meat  
**Sushi:** order vegetarian  
**Salad boxes**  
**Tomato pasta bake**

## Gluten Free

Gluten Free Bread and Wraps are available if ordered and all care taken to minimize cross contamination, but this can **NOT** be guaranteed.

## Monday to Friday - All Year

### Chicken filler Burgers

- With lettuce and mayo ..... \$5.00  
 Or with salad..... \$5.00  
**Sweet chilli chicken wraps with salad .....\$5.00**

### Toasted Focaccia

- Chicken, cheese and mayo .....\$5.00  
 Ham, cheese and Tomato ..... \$5.00  
 Chicken, avocado, sundried tomato and spinach .....\$5.00  
 Roasted pumpkin, capsicum, sundried tomato and spinach ..... \$5.00  
 Make up your own: maximum 4 items .....\$5.00

### Pizza

- Chicken ..... \$4.00  
 Ham and pineapple..... \$4.00  
 Salami and cheese ..... \$ 4.00

### Salad Rolls

- Chicken and Salad roll ..... \$ 5.00  
 Ham and Salad roll ..... \$ 5.00  
 Turkey and Salad roll..... \$5.00

(Salad: carrot, tomato, cheese, beetroot, lettuce and mayo)

Wraps available - as above but NO beetroot)

**NOTE:** Please feel free to change or ask for and item to be left off

## Let's Talk Healthy

All Year \$6

### Healthy Pizza

Wholemeal pita bread pizza with small amount of tomato paste on BBQ sauce. Topped with low fat cheese, chicken or ham or turkey, roast vegetables, pumpkin, sweet potato, capsicum, spring onions, spinach leaves. 350 calories

### Calorie Control Meal 300-350 calories

Each day a meal with calorie count of 300-350 cal will be available. In winter it is usually hot. In summer usually salad or a wrap. Ask Lynne at recess what is available that day.

### Design your own Salad Box

Forms are available from the canteen or copy on the back of this menu.

1. Pick a base
2. Pick 5 items to add to the base
3. Pick a meat
4. Pick a dressing

**OR**

### Pasta and Salad Bar

Available Lunch Time

**MUST BE ORDERED AT RECESS**