

MOUNT ELIZA NORTH PRIMARY SCHOOL 2020 CANTEEN PRICE LIST

Please add 10c for paper bag if not provided

Items with an *asterisk are to be collected from the canteen at lunchtime. Bag will be stamped to bring back to the canteen for item collection.

Green = Best Food Choice
Orange = Good Food Choice
GF = Gluten Free

SUSHI (Nori Rolls) Made fresh daily (served w. soy sauce - not GF)		PIZZA MUFFINS - 2 pieces (with tomato base & cheese)	
Teriyaki Chicken	\$3.60	Ham	\$4.20
Chicken & Cucumber (GF)	\$3.60	Chicken with BBQ sauce	\$4.20
Tuna & Carrot (GF)	\$3.60	Plain – Cheese and tomato	\$4.20
Avocado, Carrot & Cucumber (GF)	\$3.60	JACKET POTATOES	
SANDWICHES – 1 wholemeal & 1 white slice unless specified		Chicken & Cheese (GF)	
Gluten free bread - add extra	\$1.00	Beans & Cheese (GF)	
Wrap - add extra	.50c	Ham & Cheese (GF)	
Toasting - add extra	.40c	PIES/PASTA/SNACKS - Tomato sauce add 30c per sachet	
Vegemite	\$2.60	Meat Pie	\$4.20 with 1 sauce \$4.60
Cheese (GF)	\$3.00	Party Pie	\$1.50 Sauce add 40c per sachet
Cheese & Vegemite	\$3.20	Sausage Roll	\$3.70 with 1 sauce \$4.10
Ham (GF)	\$3.50	Party Sausage Roll	\$1.50 Sauce add 30c per sachet
Ham & Cheese (GF)	\$4.00	Nachos with Salsa & Cheese (GF)	
Roast Chicken (GF)	\$3.80	Add Extra Salsa or Cheese	Each .30c
Tuna (with mayo) (GF)	\$3.50	Macaroni Cheese (homemade)	
Salad Sandwich - lettuce,tomato,carrot,cucumber (GF)	\$4.00	Chicken Nuggets	
Salad Sandwich - as above with chicken, ham or tuna (GF)	\$5.00	Lasagne (homemade)	
SALADS		Corn Cobette (GF)	
Salad Box - lettuce,tomato,cheese,carrot,cucumber (GF)	\$4.50	Noodles - Chicken flavour	
Salad Box – as above with chicken, ham or tuna (GF)	\$5.50	GLUTEN FREE	
<u>EXTRA FILLINGS</u>		Gluten Free Chicken Nuggets	
Avocado or Egg - add for each	\$1.00	Each .90c	
Lettuce,tomato,cheese,cucumber,carrot – add for each	.60c	BURGERS/WRAPS	
Add Mayo	N/C	Chicken Burger - lettuce, tomato & mayo	
TOASTIES		Cheeseburger - cheese, lettuce & tomato sauce	
Toasted baked bean	\$3.70	Sweet Chilli Chicken Tender Wrap - lettuce & mayo	
Toasted chicken	\$4.20	DRINKS	
Toasted tuna	\$3.90	Big M - Chocolate or Strawberry	
Toasted ham & cheese	\$4.40	Spring Water	
SNACKS		Milkshake	
Carrot Sticks Packet	.60c	Berry or Mango Smoothie	
Cheese Slice	.60c	Hot Chocolate or Milo	
Boiled Egg (cold)	\$1.00	Slush Puppie-99% Apple Juice Base-Natural Sml	
		flavours containing NO sugar - paper straws Lge	
Frozen Pineapple Slice	* .60c	Add Sour Squirt for Slush Puppie	
Frozen Watermelon Slice	* .60c	Just Juice – apple or apple/blackcurrant	
FROZEN TREATS		Frozen Juice Cup	
		Paddle Pop	
Homemade Muffins	\$1.70	Paddle Pop Icy Twist	
Homemade Banana Bread	\$1.70	Calippo Mini	
Homemade Anzac Biscuit	* \$1.00	Moosies - Choc,strawberry,blue moon,banana	
Gingerbread Person	\$1.80	Quelch Stick	
JJ Snacks - Chicken, Salt & Vinegar, Pizza	\$1.70	Having a birthday? We can supply freshly baked & iced cupcakes to your child's class @\$1.70 Please order at least 48hrs in advance	
Redrock Deli chips - Sea Salt or Honey Soy Chicken	\$1.70		

MISSING LUNCHESES: If your child does not have lunch at school you will be contacted to authorise an IOU for a simple lunch to be provided. Notes will go home with your child to **return payment the next school day.**

MOUNT ELIZA NORTH PRIMARY SCHOOL

CANTEEN INFORMATION AND ORDERING PROCEDURE

The Mount Eliza North Primary School Canteen follows the traffic light system which comes from the National Healthy School Canteens (NHSC) project.

The National Healthy Schools Canteens Guidelines for healthy foods and drinks supplied in school canteens is based on Australian Dietary Guidelines, which gives advice on the quality and quantity of foods and drinks recommended for children in Australia, to achieve optimal health and limit the risk of chronic diseases related to poor nutrition in adulthood.

The canteen is a privately run business and all efforts are made to keep prices as low as possible. Part of being a small business means that I do not have the same buying power of the large supermarkets, but prices are very comparable to other canteens.

If you have any queries, please do not hesitate to come and see me.

Kind regards,

Sara Shaw - Canteen Manager

ACCOUNTS

The canteen offers an account system for parents to **pre-pay** an amount of choice for their child use to buy items over the counter at lunchtime. Your child will be advised as this amount is due to run out. Orders of menu items for lunch should still be written up on a paper bag making note to use account for payment.

INSTRUCTIONS FOR PLACING ORDERS

Please write orders on a large **paper bag**. Brown paper lunch order bags can be purchased from most supermarkets. **If a bag is not supplied please add 10c to order** for a paper bag to be provided by the canteen.

ORDERS MUST HAVE THE FOLLOWING INFORMATION - ONE BAG PER ORDER PLEASE

- Child's name
- Class
- Food order
- Total payment

Please place money in lunch order bag and fold to ensure money will not fall out. Large amounts of coin should be placed in a zip lock back or similar. Too many loose coins tend to rip bags and can result in a loss of money.

If you're encouraging your child to write their own lunch order, please do a check to make sure they have ordered the correct items with correct pricing and addition (spelling doesn't have to be perfect, just able to be read☺).

To comply with Food and Safety Regulations, all paper bags **must be new**.

If you are unable to provide correct money change can be provided and will be returned to the child in their bag. Alternatively you can have change left at the school office (please note on the bag if this is your preferred option).

If you are paying for more than one order in a lunch bag please note on the bag containing the money which additional students (name and class) are included. For student order without money make a note which students order (name and class) contains the payment. All orders should still be placed separately in the appropriate class lunch order tub.

Please **do not use foreign currency** as payment. Your child will either miss out on an item, be given an item of lesser value or a note will be sent home with the amount owing for the lunch order. It can be very upsetting for children when this happens.

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