


ICEBLOCKS & ICECREAMS

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|------------------------------------|------|---|--------|
| ½ Quelch | (gf) | | .30c |
| Quelch | (gf) | | .60c |
| Slushie | (gf) | | \$1.00 |
| Paddle pop –Chocolate or banana | | | \$1.00 |
| Calippo – Raspberry, lemon, orange | (gf) | | \$1.40 |
| Vanilla Ice Cream Cups | (gf) | | \$1.40 |
| Golden North Swings- Strawberry | (gf) | | \$2.00 |
| Strawberry frozen Yoghurt cups | (gf) |  | \$1.80 |

SWEET TREATS

| | | | |
|--------------------------------|------|--|--------|
| Cookies | | | .80c |
| Chocolate or Strawberry Mousse | (gf) | | \$1.00 |
| Yoghurt & Muesli Parfait | | | \$1.00 |
| Jellies | (gf) | | \$1.00 |
| ALL MUFFINS Various Flavours | | | .50c |

OVER THE COUNTER SNACKS

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|----------------------------------|--|--|--------|
| Red Rock Chicken Honey Soy Chips | | | \$1.50 |
| Red Rock Sea salt Chips | | | \$1.50 |
| Pretzels/Jumpy's | | | .80c |
| Popcorn(gf) | | | .30c |

RECESS ONLY

| | | | |
|--|------|-------|--------|
| Hash Brown | (gf) | 2 for | 60c |
| Mini Pizza | | | \$1.20 |
| Raisin Toast | | | .50c |
| Unless ordered there is no guarantee that we won't run out. | | | |
| Milo | | | \$1.00 |

About our Health Promoting Canteen: The selection of foods provided by our canteen is based on research and recommendations provided by the health promoting organisations such as Rite Bite. This menu has been developed to be in line with the right bite healthy eating policy.

In accordance with the Australian Healthy Eating Guidelines, we aim to sell more foods that have low fat, low sugar, and low salt and high nutritional value.



SHEIDOW PARK SCHOOL WINTER CANTEEN PRICE LIST

Terms 2&3 2018

Open Wednesday,
Thursday & Friday

GREEN: Good healthy everyday foods.


AMBER: Sometimes foods

GF Gluten Free Option

We are always looking for volunteers to help. If interested call Jodie on 8381 8911 or come and visit the canteen. Due to Health Regulations food brought from home is unable to be heated by the canteen

Lunch Bags 10 for 50c

Forks & Spoons 5c

ORDER ONLINE- No more  looking for loose change- orders can be placed up until 9:30am on the day using QQR.

CREDIT IS NOT AVAILABLE-

Please check the money and prices are correct otherwise we will have to substitute.

Please fold bags do not use staples, pins or tape

ABN 41 649 214 847

HOT FOODS

| | | |
|--|---------------------------------------|--------|
| Garlic Bread | | .60c |
| Fish Fingers each | | .60c |
| Dino Nuggets each | <i>(gluten free option available)</i> | .80c |
| Wedges | | \$3.40 |
| ½ bag wedges | | \$1.80 |
| Hash Brown Triangles | <i>(gf)</i> 2 for | .60c |
| Pizza Ham and Pineapple or BBQ chicken | | \$3.00 |

| | | |
|---|----------------------------------|--------|
| Fish Fingers (6) + mixed veg or salad | | |
| mini hash brown, bread roll | | \$5.00 |
| Dino Nuggets (5) + mixed veg or salad | | |
| mini hash brown, bread roll | | \$5.00 |
| | To add gravy to any pack add 50c | |
| Quiche with salad, ham, cheese | | |
| carrot or vegetarian | | \$5.00 |
| Mac and Cheese | <i>(homemade)</i> | \$4.70 |
| Spirali bolognaise | | \$4.70 |
| | <u>BURGERS</u> | |
| Chicken Burger, lettuce, tomato, carrot, mayo | | \$4.70 |
| Hamburger, lettuce, tomato, carrot, sauce | | |

HOT DOGS

| | | |
|---|-------------|--------|
| Hot Dog Plain | <i>(gf)</i> | \$3.20 |
| With Cheese | add 30c | |
| Add .20c for Tomato Sauce, BBQ Sauce, Sweet Chilli Sauce or Mayonnaise, Mustard | | |


MRS MAC'S GOOD EATING PIES

| | | |
|-------------------------|--------------------------|--------|
| Mrs Mac Good Eating Pie | add 20c for Tomato Sauce | \$3.50 |
| Mrs Mac Sausage Roll | add 20c for Tomato Sauce | \$2.80 |
| Mrs Mac Pasty | | \$3.50 |

SANDWICHES

| | |
|---|---------------------|
| Sandwiches on whole meal bread <i>(gluten free option available)</i> | |
| Butter only | \$1.00 |
| Vegemite | \$1.20 |
| Cheese | \$1.50 |
| Egg | \$1.70 |
| Ham | \$2.00 |
| Tuna | \$2.50 |
| Chicken | \$2.70 |
| Toasted Sandwiches add 30 cents | |
| | <u>WRAPS</u> |
| Chicken, lettuce mayo | \$4.20 |
| Salad & mayo | \$3.20 |
| Ham, cheese, lettuce & mayo | \$3.50 |
| Salad for sandwiches/wraps add 30c for each item | |
| Lettuce, tomato, cucumber, carrot, cheese. | |
| Add 20c for Tomato Sauce, BBQ Sauce, Sweet Chilli Sauce, Whole Egg Mayo or Peri Peri Mayo | |

WINTER WARMERS

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|--|--------|
| Hot sweet chilli chicken wrap with- Lettuce, carrot & sweet chilli mayo | \$4.50 |
| Mexican Meatball Salad  | \$5.00 |
| <i>(Mouthwatering meatballs with garden salad, corn, sour cream & salsa)</i> | |
| Pumpkin or Tomato soup with a bread roll | \$2.50 |
| Milo | \$1.00 |
| Chicken Noodle Cups | \$2.20 |

HOT DOG COMBO PACK

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|--|--------|
| Hot Dog with sauce, juice or flavoured milk and raspberry muffin | \$6.00 |
|--|--------|

DRINKS

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|--|-------------|--------|
| Big M Strawberry, chocolate or caramel | <i>(gf)</i> | \$2.50 |
| Plain milk 200ml | <i>(gf)</i> | \$1.20 |
| Spring Water | | \$1.20 |
| Juice (apple, OJ, tropical) 'NUDIE' | <i>(gf)</i> | \$2.50 |