

MARAMBA PRIMARY SCHOOL CANTEEN PRICE LIST Term 3 2009

Choice of white or wholemeal bread for sandwiches and toasted sandwiches. Low fat cheese, low fat mayo, lite ham and skinless roast chicken is used in sandwiches and toasted sandwiches.

Sandwiches

Ham + Pine + Cheese	3.30
Ham	2.30
Tuna in Spring Water	2.30
Plain Salad	3.00
Roast Chicken	3.20
Cheese	1.90
Cheese & Tomato	2.20
Cheese & Vegemite	2.00
Egg & Lettuce	2.20
Ham & Cheese	2.50
Ham, Cheese & Tomato	2.70
Chicken, Lettuce & Mayo	3.40
Ham & Salad	3.50
Tuna in Spring Water & Salad	3.80
Chicken & Salad	3.80
Roll or Wrap (extra)	.50
Cheese (extra)	.30
Mayo (extra)	.10

Toasted Sandwiches

Cheese	2.20
Cheese & Tomato	2.50
Ham & Cheese	2.80
Ham, Cheese & Tomato	3.00
Chicken & Cheese	3.70
Ham + Pine + Cheese	3.60

Healthy Options

Healthy Fried Rice	3.50
Lasagne	3.50
Macaroni & Cheese	3.50
Spaghetti	3.50
Sushi	
Veggie or Chicken Hand Roll	3.00

Low Fat Pizza	
Margarita/ Supreme/ Hawaiian	3.20

Healthy Options Continued

Noodles In A Cup- with diced vegies	
Beef/Chicken/Oriental	3.00
Veggie Burger with Salad with Mayo	3.70
Steamed Corn on Cob	1.50
Baked Potato, Cheese and Sour Cream	3.50

Term 2 & 3 Only

Home made soup	3.00
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Healthy Alternate Warm Options

Chicken Nuggets (Oven Baked) x3	1.80
Steamed Dim Sims	.80
Hash Browns (Oven Baked)	.60
Hot Dog—in Roll with sauce	2.70
- with Low Fat Tasty Cheese	3.20
Lite Meat Pie	3.00
Lite Jumbo Sausage Roll	2.40
Chicken Burger & Salad with Mayo	3.70
Party Pies—Low Fat	1.20
Sweet Chilli Chicken Wraps with Lettuce, Tomato, Carrot, Cucumber, Onion and Cheese	4.40
Nachos—Natural Corn Chips, diced Tomatoes, Onions, Olives, Capsicum, Low Fat Grated Cheese & Lite Sour Cream	3.70

Hash browns & Steamed Dims available at Recess & lunch over the counter.

Healthy Snack Selection

Fresh Fruit—Seasonal	1.00
Carrots Sticks	.50
Homemade Muffins—	
Mini Muffins—	
Chocolate/Vanilla	.50
Home Made Cookies	.50
Popcorn—Air Popped (30g)	1.00
JJ Snacks	1.20
Ginger Bread Man	1.80
Fruit Salad	1.80
Boiled Egg	.60
Jelly Cup (150ml)	.80

Sundries

Tomato Sauce—Masterfood	.20
Paper Bag	.10
Teaspoons & Forks	.10

All frozen products must be collected at the canteen with lunch order bag at Lunchtime

Families, please note, that if your children have allergies, we are unable to guarantee that there are no traces of nuts used in the ingredients for our products.

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Drinks

Breaka Milk—Choc/Strawberry	2.00
Sanitarium Up & Go— Vanilla/Strawberry/Chocolate	2.20
Juice 100% (No Sugar) Orange/Tropical/Apple	2.40
Aqua Fruits Quench— Apple/Raspberry, Orange Crush, Tropical, Lemon/Lime, Blueheaven, Cola & Lemonade	1.70
Slush Puppies Medium	2.50
Regular	1.50
Natural Springwater - large	2.60

Frozen Treats

Frozen Pineapple Ring	.40
Ice-cream Cup with Milo	1.20
Yoghurt Zings	.80
Quelch	.80
Frozen Yoghurt Ice-cream— Peach/Mango or Wild Strawberry	2.00
Mini Calippos— Lemon, Raspberry, Pineapple	1.00
Paddle Pop Thickshake	2.00

<u>MEAL DEAL No 1</u>	
Roast Chicken Sandwich	
Breaka Milk	
Fruit Salad	\$5.00

<u>MEAL DEAL No 2</u>	
Fried Rice	
Natural Springwater	
Fruit Salad	\$5.00

<u>MEAL DEAL No 3</u>	
Sushi Hand Roll— Chicken or Veggie	
Juice 100% (No Sugar) Orange, Tropical or Apple	
Frozen Yoghurt	\$5.00

PLEASE NOTE

- ◆ Canteen will be open **EVERY DAY** for recess and lunchtime counter sales. Limited hot food is available during this time.
- ◆ Hot Foods **MUST BE ORDERED!!**
- ◆ **Lunch orders must be in before 9.30am.**
- ◆ Frozen treats & slush puppies may be ordered on the lunch order but must be collected from the canteen. Children may collect these by presenting their bag at the canteen window after they have eaten lunch. These items will not be placed with the lunches
- ◆ **NO CREDIT WILL BE GIVEN.** If not enough money is received items will be taken out of the order.
- ◆ **Example Lunch Bag:**
All orders to be written on the front of paper bag with money placed securely **INSIDE**. Orders received without paper bag should include 10c for the purchase of a bag. Correct money in bag would be appreciated.

CHILD'S NAME ROOM No.

1 Hot Dog W/S	\$2.50
1 Choc Milk	\$2.00
Brown Paper Bag	.10
TOTAL	\$4.60