

RECESS ITEMS

These items may be purchased over the counter

FOOD

Sausage Roll.....	\$3.50
Pizza	\$3.50
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	\$ 2.00
Egg and Bacon roll (Term 2 and 3 only)	\$4.00

COLD DRINKS

Kiewa 300ml milk	\$ 2.50
Kiewa 600ml milk	\$ 3.50
Nippies low fat milk 375ml	\$3.00
Nippies low fat milk 250ml	\$2.50
Pop-top orange juice 500ml	\$ 3.50
Apple and blackcurrant juice 500ml	\$ 3.50
Dare ice coffee milk	\$ 3.50
Lipton ice tea	\$ 3.50
Assorted juice boxes	\$2.00
Water	\$2.00

HOT DRINKS

Milo	\$1.00
Hot chocolate	\$1.50
Chicken Noodles	\$2.50

FROZEN ITEMS

Zooper Doopers75c
Orange juice crunches.....	\$1.50
Assorted Ice cream	_____

OTHER ITEMS

Fruit salad large	\$3.50
Fruit salad small	\$2.50
Fruit assorted	each \$1.00

DESIGN YOUR OWN SALAD BOX

4 EASY STEPS



1: Pick 1 Base

Spinach	
Rocket	
Mixed	
Iceberg	
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	

NAME: _____

The CAF 2017

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

- Mon:** Chicken sticks..... 2 for \$1.50
Tues: Rice paper wraps..... each \$2.50
Wed: Wedges with sour cream + salsa\$ 4.00
Thurs: Sushi - chicken & avocado, chicken and vegetables, tuna and mayoper roll \$2.50
Fri: Nachos with sour cream and salsa\$4.00

Term 2 & 3 Specials

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

Vegetarian Options

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

Gluten Free

- Gluten free pizza and wraps available (Must order)
 Salad box

Monday to Friday - All Year

Chicken filler Burgers

- With lettuce and mayo \$4.00
 Or with salad..... \$4.50
Sweet chilli chicken wraps with salad\$4.00

Toasted Focaccia

- Chicken, cheese and mayo\$4.00
 Ham, cheese and Tomato \$4.00
 Chicken, avocado, sundried tomato and spinach\$4.50
 Roasted pumpkin, capsicum, sundried tomato and spinach \$4.50
 Make up your own: maximum 4 items\$4.50

Pizza

- Chicken \$3.50
 Ham and pineapple..... \$3.50
 Salami and cheese \$ 3.50

Salad Rolls

- Chicken and Salad roll \$ 4.50
 Ham and Salad roll \$ 4.50
 Turkey and Salad roll..... \$4.50

(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 \$5

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

Salad Bar

Serve your own salad Terms 1 and 4 only

MUST BE ORDERED AT RECESS