

Illawarra Primary School



ILLAWARRA
Primary School | Caring for People

WINTER MENU 2017

MONDAY— WEDNESDAY— FRIDAY

Volunteers Needed

The Canteen is ALWAYS looking for volunteers. If you are able to spare any time even just an hour, Please call Amy on 9249 8086 or 0423 431 637

Please come along and support your Canteen




All volunteers to help receive a free lunch plus a canteen voucher for their child or grandchild

Thank you

All orders are to be written on a paper lunch bag, available from the canteen (rolls of 20 for \$1.00 or 10c each). These can also be purchased at your local Supermarket.

Phone: 9249 8086
Amy 0423431637

Traffic Light System

-  Green- Daily Healthy Choices
-  Amber- Limit these foods
-  Red- not available

Please ensure that all orders are in before 9.30am

Winter Menu 2017

RECESS COUNTER SALES ONLY

	Price
Cheesies	\$0.60
Vegemite Rolls	\$0.40
Sliced Fruit (seasonal)	\$0.30
Fruit Tubs (seasonal)	\$0.80
Whole Fruit (seasonal)	\$0.60
Pizza slices	\$0.40
Rice Chips	\$1.10
Vege Chips	\$1.30
Grainwaves	\$1.30
Popcorn	\$0.60
Garlic Bread	\$0.10
Pikelets (small or Large)	S \$0.40 L\$0.80
Apple Slinky	\$0.80
Jelly Fruit Cup	\$0.80

LUNCH ICECREAMS COUNTER SALES ONLY

Frozen Fruit cup	\$0.30
Frozen Pineapple	\$0.50
Paddle Pops	\$2.00
Chocolate	
Rainbow	
Banana	
Fandango	\$1.80
Bubblegum	
Scooby doo	\$1.80
Banana	
Milk Chocolate	
Bulla Light Vanilla Bucket	\$2.20
Bulla Frozen Yogurt	\$2.20
Fruit Stick	
Whole	\$0.60
Half	\$0.40

LUNCH AVAILABLE EVERY DAY MON- WED- FRI ORDERS ONLY

	PRICE	
Corn on the Cob	\$1.30	
Macaroni Cheese (V)	\$4.00	
Spaghetti Bolognese	\$4.00	
Mrs Macs Vegetable and ricotta roll (GF)	\$3.40	
Sandwiches/ Rolls/ Wraps	Sandwich	Roll//
wrap		
Vegemite	\$2.50	\$3.50
Cheese	\$2.50	\$3.50
Ham	\$3.80	\$4.50
Chicken	\$3.80	\$4.50
Tuna	\$3.80	\$4.50
Egg	\$3.80	\$4.50
Salad	\$3.80	\$4.50
(All meat or egg Sandwiches and rolls come with up to 4 salad fillings)		
Extra filling		\$0.30
(Lettuce, Tomato, Cucumber, Carrot, Capsicum, or Beets)		
Toasted Sandwiches		\$4.00
All Available in white or wholemeal		

SALADS	
Garden Salad	\$5.00
Lettuce, Carrot, Cucumber, Tomato. Celery and Cheese	
Greek Salad	\$5.50
Lettuce, Cucumber, Tomato, Olives, Capsicum and Feta Cheese	
Extras: Ham, Chicken, Tuna, Egg,	\$0.40

EXTRA

Tomato Sauce	\$0.30
BBQ Sauce	\$0.30
Italian Dressing	\$0.30

DAILY MEALS ORDERS ONLY

	Price
Monday	
Tuna Sushi Meal	\$7.00
(comes with Sml Salad Tub and Fruit Tub	
Hamburger with Salad	\$4.50
+ Cheese	\$0.20
Pizza	\$2.70
Ham Pineapple, Meat Lovers, Margarita	

Wednesday	
Crumbed Chicken and Vege Meal	\$7.00
(comes with Potato Corn, Peas and fruit Tub)	
Sausage Roll (H)	\$3.00
Meat Pie (H)	\$3.00
Chicken Sticks (pack 5) (H)	\$3.00

Friday	
Crumbed Fish And Salad Meal	\$7.00
(Comes with Fruit Tub)	
Hotdog with Sauce	\$3.60
+Cheese	\$0.20
Beef Nacho (H)	\$5.00
Chicken Sticks (pack 5) (H)	\$3.00
Party Pie	\$1.10

DRINKS

600ml water	\$1.50
300ml Skim Milk	\$1.60
300ml Flavored Milk	\$2.20
Strawberry, Chocolate, Banana	
275ml Juice Bombs	\$2.10
Apple & Blackcurrant, Apple & Raspberry, Vanilla & Lime	
250ml Juice Boxes	\$1.90
Tropical, Apple, Apple & Blackcurrant	
Chocolate Yogo	\$2.40
Fruit Tubs	\$2.00