



Canteen Menu- **Wednesdays**

Starts Wednesday 5th October

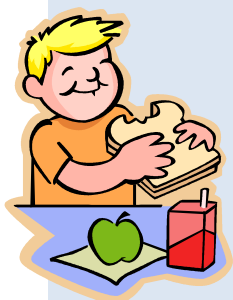
Our school promotes the consumption of fruit and vegetables and healthy food options in line with the Australian Schools Canteen Guidelines. These guidelines arrange food into the following categories:

✓ **GREEN- Always foods** + **AMBER- Select carefully foods** X **RED- Not recommended foods**

The College canteen will **not** sell foods belonging to the RED "Not Recommended" Category.

Term 4 MENU – Place orders on **Tuesday Morning**

Green Food		Amber Food	
		BAKERY ITEMS	
		Pie	4.50
SUSHI ROLLS	Full	Party Pie	1.50
Vegetarian Roll (GF)	3.00	Vegie & Cheese Pasties	4.00
Teriyaki Chicken Roll	3.00	Meat & Vegie Pasties	4.00
Tuna Salad & Cucumber Roll	3.00	Vegan Pasties (Vegan)	4.00
(Sushi Rolls are now made in house)		Spinach & Ricotta Roll	3.00
WRAPS	Full Half	Plain Sausage Roll	3.00
Chicken, Ham, Tuna or	5.00 2.50	Sweet Chillie Sausage Roll	3.00
Plain Salad	5.00 2.50	Dim sims (steamed) each	.50
		CAKES & MUFFINS	
		Homemade Banana / Carrot	3.00
		Choc Slice	2.00
BURGER		Muffin (Banana & Choc Chip)	3.00
Chicken Burger <u>w</u> lettuce, cheese & mayo.	5.00	DRINKS & DAIRY	
SNACKS		Milkshakes- Choc, Strawberry, Lime	4.00
Popcorn Tub	1.00	FROZEN Yoghurt or Icy Poles	2.00
		Fruit Juice- Apple, Orange, Apple & Blackcurrant	2.00



Please remember: Orders must be placed on Tuesday Morning for Wednesday Canteen.

Lunch order bags 10 cents each- available from the general office.

Orders will be delivered to your room at 1.30