

COMO PUBLIC SCHOOL Canteen Menu and Price List 2009

Our School Canteen supports the TRAFFIC LIGHT GUIDE to healthy eating.

What our menu symbols mean:

☺ = Green light item - go for it- can be eaten every day

☹ = Amber light item - can be eaten regularly, but not too often

☒ = Available by Lunch order

☒☹ = Available by Lunch order only

☞ = Counter Service

<p>Brown Paper Canteen Lunch Bags \$0.20 ☒☹</p> <p>☒☹ Sandwiches <u>Made on Wholemeal Bread</u></p> <p>☺ Cheese Slice, Tasty \$1.50</p> <p>☺ Egg \$1.50</p> <p>☺ Vegemite \$1.50</p> <p>☺ Ham \$2.20</p> <p>☺ Chicken \$2.20</p> <p>☺ Salad, \$3.00 (lettuce, tomato, cucumber, carrot, beetroot)</p> <p>Additional fillings</p> <p>☺ tomato/beetroot/carrot/each \$0.30</p> <p>☺ Cheese Slice, Tasty \$0.30</p> <p>☺ Ham Wrap \$4.00</p> <p>☺ Chicken Wrap \$4.00</p> <p>☺ Salad Wrap \$3.00</p> <p>☒☹☞ FRESH FRUIT & SALADS</p> <p>☺ Apple Slinkys (Buy apple) \$1.00</p> <p>☺ BYO Apple for slinky \$0.10</p> <p>☺ Fresh Fruit Salad in tub \$3.00</p> <p>☒☹☺ Garden Salad in tub \$3.00</p> <p>☒☹☞ SNACKS</p> <p>☹ JJ's Crackers Chicken or S & V \$1.00</p> <p>Fresh Fruit Sticks \$0.50</p> <p>☺ Fresh Popped Popcorn Small \$0.10</p> <p>☺ Fresh Popped Popcorn Large \$0.30</p> <p>☺ Pizza Muffins \$1.00</p> <p>☹ Pretzels \$0.70</p> <p>☹ Garlic Bread \$0.30</p> <p>☺ Pikelets \$0.30</p> <p>☺ Frozen Fruit Pops \$0.30</p> <p>☒☹☞ DRINKS</p> <p>☹ Milk UHT Big M (Choc, Strawberry) \$1.20</p> <p>☺ Water \$1.00</p> <p>☹ Just Juice Apple, Apple/Blackcurrant Or Orange \$1.20</p> <p>☺ Milo drink - warm (winter) \$1.20</p>	<p>☒☹ TOASTED SANDWICHES</p> <p>☺ Cheese \$1.50</p> <p>☺ Cheese and Tomato \$1.80</p> <p>☺ Ham & Cheese \$2.40</p> <p>☺ Chicken & Cheese \$2.40</p> <p>☺ Ham, Cheese & Pineapple \$2.60</p> <p>☒☹ HOT FOOD</p> <p>☹ Party Pie (Low Fat) \$1.00</p> <p>☹ Sausage Roll (Junior) Low Fat \$1.80</p> <p>☺ Muffin Pizza (Ham & Pine) \$1.00</p> <p>☺ Muffin Pizza (Ham & Cheese) \$1.00</p> <p>☺ Muffin Pizza (Chicken & Cheese) \$1.00</p> <p>☹ Chicken Nuggets Tempura style \$0.50</p> <p>☺ Fried Rice Homemade \$2.00</p> <p>☺ Pasta Bolognese Homemade \$2.60</p> <p>☺ Stuffed Potato (<i>with any filling</i>) \$2.20 (<i>ham, chicken, cheese, salsa etc</i>)</p> <p>☹ Tomato/BBQ sauce portion \$0.20</p> <p>☒☹☞ ICE CREAMS & FROZEN TREATS</p> <p>☹ Frozen Yogurts(Fruit Salad, Strawberry) \$1.40</p> <p>☺ Frozen Juice Cups (Apple) \$0.80</p> <p>☹ Frozen Orange Quarters \$0.40</p> <p>☹ Quelch Sticks Full \$0.50</p> <p>☹ Quelch Sticks Half \$0.25</p> <p>☹ Frozen Fruit Sticks \$0.50</p>
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MEAL DEAL TERM 1
 4 NUGGETS WITH SALAD & SAUCE
 MILK AND FRESH FRUIT STICK \$4.00

☒☹☞ **SUPER SPECIAL DAILY SNACKS** will vary

☺ Rock Cakes/Pikelets/Cheese & Biscuits

☹ Sweet Chilli Cheese straps

☹ Mini Muffins assorted

☺ Seasonal Fruit pieces, Fresh or Frozen
 and many other healthy delights.....

When ordering lunch please write on the lunch bag - child's name, class, order, total amount due and enclose payment. ICE BLOCKS, & WARM MILO'S TO BE COLLECTED FROM COUNTER

