

THIRST QUENCHERS		\$
Just Juice – Apple		1.70
Oak Low fat milk - Chocolate " Strawberry		1.70
Warm Milo		1.70
Bottled Flavoured Water		1.70
Dr Smoothie		
100% Healthy Smoothie	Small 1.00 &	
100% Real Fruit Berry or Mango	Large 2.00	



PLEASE NOTE

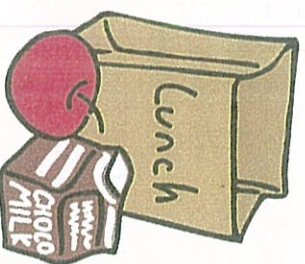
- ❖ Frozen items, fruits and snacks will be sold over the counter at playtime & lunch time.
- ❖ Please write on lunch order bags with **black text**.
- ❖ Lunch orders to be in by 9.30a.m
- ❖ Lunch Order Paper Bags 10cents each



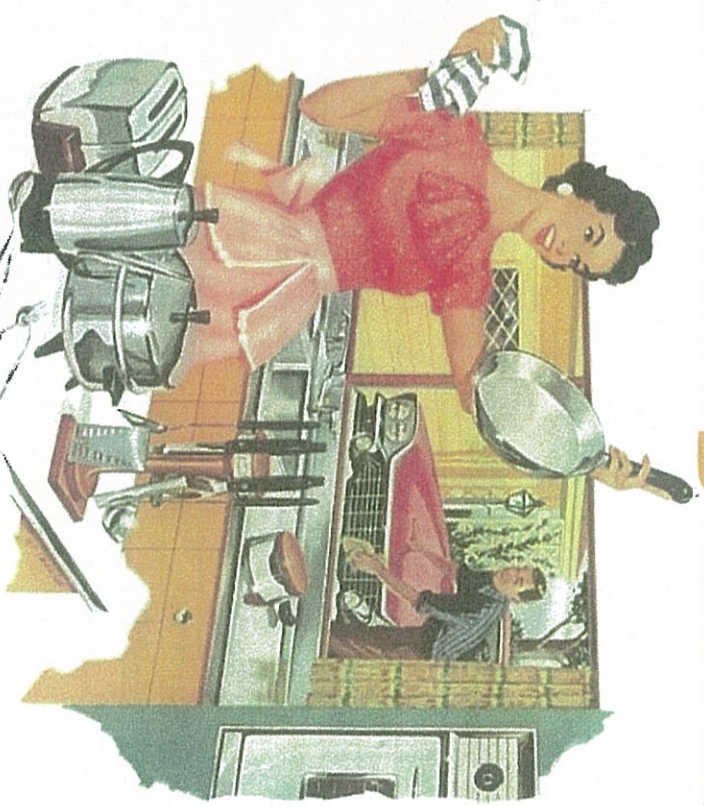
Tuesdays

Every Tuesday will be a special menu day.

E.g. Sushi, soup, fried rice, noodles, tuna casserole etc. This will be the only lunch item for sale on the day. Please watch newsletter. Over the counter sales will still be available everyday at playtime and lunch time for 15 minutes.



Garm's Tasty Treats for Healthy Eats!



CANTEEN OPERATION: Mon. Tues. Wed. Thurs. Fri.

Tuesday (Food preparation)

OPEN Playtime & Lunchtime for 15min.

* Denotes peanut traces as per packaging

Sandwiches & Rolls

	S	R
Egg *	3	3.20
Egg Lettuce Mayo *	3.30	3.50
Ham & Salad *	3.80	4.00
Ham and Cheese *	3.30	3.50
Chicken, Lettuce & Mayo *	3.50	3.80
Chicken Salad & Mayo *	3.80	4.00
Tuna & Salad *	3.80	4.00
Salad *	3.50	3.80

- Sandwiches and rolls – Wholemeal and multigrain only. Gluten free bread available on request.
- Wholemeal flour, raw sugar and low fat milk are used in cooking

SNACK ATTACK

	\$
Fresh Fruit	1.00
Yoghurt – Topped with fresh fruit	2.00
Popcorn – Freshly popped	1.00
Anzac Biscuits *	1.00
Apple Tea Cake *	2.00
Banana Bread *	2.00
Toasted Raisin Bread (1 slice)	1.00
Pumpkin Fruit Cake	2.00
Milo Oat Slice *	2.00



HOT FOODS

	\$
Meat and Vegetable Pasties * – Low Fat	4.00
Vegetable Pasties * – Low fat pastry with pumpkin, celery, carrot and potato	4.00
Hot Potatoes – With chicken, low fat cheese and sour cream	4.00
Pasta – Spag. Bolognese *	*
– Lasagne *	*
– Macaroni Cheese *	4.00
– Tuna Pasta *	*
Toasted Ham & Cheese Sandwich *	4.00
Warm Ham, Cheese and Tomato Roll *	4.00
Chicken and Vegetable soup with a roll*	4.00
Baked Beans with a Bread Roll	3.00
Zucchini Slice – Eggs, Flour, Zucchini, Cheese, Ham, Onion	4.00
Pizza – Ham and Pineapple *	*
– Chicken and Cheese *	*
– Ham and Cheese *	2.70

