

Edgewater Primary School Canteen



Menu 2017

Now open Monday to Friday!

Please go to

www.ouronlinecanteen.com.au

to order, or write on your bag clearly with your name and room number and place in basket outside the canteen.

Orders MUST be paid for on the day of ordering.

Children with late orders or forgotten lunches will be offered a simple sandwich and asked to pay the following day.

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The canteen is run by Kerry & the "Can-Team" (Canteen Committee, Edgewater P&C). We are always in need of **volunteers** to help out, particularly now that we are running a predominantly **HOME MADE** menu, containing plenty of **vegetables** (often hidden). We also use wholemeal bread and flours, decrease the amount of sugar in most recipes and avoid nasty additives where possible. Please let us know if you can donate some of your time. Every volunteer will receive a **\$5 canteen credit** to be used on the day of service and will receive a ticket to go into the draw for a **special prize** each term.

Students love having a parent at the canteen!

Before School

- ☆ Hot Chocolate \$2
- ☆ Coffee (adults) \$2



Recess

A selection of the following:

- ☆ Pizza \$1 (G)
- ☆ Cheesies \$1 (A)
- ☆ Bean Bombs \$1 (G)
- ☆ Muffins/cake/slice \$1 (A)
- ☆ Mini muffins 50c (A)
- ☆ Vanilla custard 50c (A)



- ☆ Apple slinky \$1 (G)
- ☆ BYO apple slinky 50c (G)
- ☆ Jelly & fruit Cup 50c (A)
- ☆ Popcorn 50c (G)
- ☆ Yogo \$1 (A)
- ☆ Yoghurt \$1 (A)
- ☆ Hot Chocolate \$2 (A)
- ☆ Fruit \$1 (G)
- ☆ Watermelon icypoles 50c (G)



Lunch

Hot Meals ~ \$4 Lasagne, Mac & Cheese, Rainbow Risotto, Sausages & Mash, Spag Bog, Butter Chicken, Soup & Bread. GF options available.

Please be aware that, because these are home made, items may sometimes be unavailable and a substitute will be offered. (G)

Salad bowls ~ \$4 Lettuce, cucumber, carrot, tomato and your choice of cheese, chicken, ham, egg or tuna

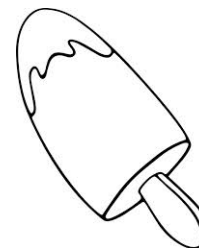
Sandwiches ~ \$1.50 (G) , plus

- ☆ Tuna/ham/chicken/egg \$1
- ☆ Cheese 50c
- ☆ Baked Beans 50c
- ☆ Salad \$1
- ☆ Vegemite (free)
- ☆ Mayo/chutney 50c
- ☆ Toasted 50c

Ice Creams & Icy Poles
50c - \$2 (A)

Drinks

- ☆ Flavoured Milk \$2.50 (G)
- ☆ Juice Bomb \$2.50 (A)
- ☆ Nudie \$2 (G)
- ☆ Water \$1.50 (G)



Daily Specials \$4

Items will only be sold on the day they are offered.

Monday- Hot Chicken Roll (G)

Chicken breast and mayonaise served in a wholemeal roll

Tuesday- Snack Box (G)

Fruit, vegetables, dairy, cheese, crackers & a protein

Wednesday- Chicken Wrap (G)

Hot Chicken strips with cheese & Salad

Thursday- Burgers (G)

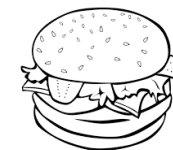
Chicken or Beef with cheese & salad

Friday- Pastries (A)

Pies & sausage rolls

Party Pies available for \$1.50

Tomato sauce included free of charge when requested



Please encourage your child to make healthy food choices- we do!

Don't forget to check the **blackboard** outside the canteen for specials, availability, flavours & further information.

G- Green (Healthiest Choice)
A- Amber (Eat in moderation)