



St. Mary's School Canteen

Price List Term 1 2012

Our canteen menu is rated utilising the 'Traffic Light' guidelines and all food provided is approved by the Canteen Association.

Red—Occasionally. Red in moderation, only on the odd occasion.

Amber—Select Carefully. Amber is OK, but not everyday.

Green—Everyday Foods. Green foods are great foods.



Homemade Daily Specials **\$4.50 each**

Monday	Lamb Wrap	Hot lamb yiros, lettuce & tomato in a wrap
Tuesday	No Special	
Wednesday	Caesar Salad	Lettuce, ham, egg, croutons, cheese & dressing
Thursday	Fish Wrap	Fish fingers, lettuce & mayo in a wrap
Friday	Chicken Pasta Salad	Chicken, pasta, corn, chives & mayo

RECESS FOOD		
Cold Chocolate		\$1.00
Cold Milo		\$1.00
Hot Cheese Toastie		\$2.00



SALADS		
Salad (Lettuce, Cheese, Tomato, Beetroot and Carrot)		\$4.50
Ham with Salad (Lettuce, Cheese, Tomato, Beetroot and Carrot)		\$5.00
Chicken with Salad (Lettuce, Cheese, Tomato, Beetroot and Carrot)		\$5.00
Tuna with Salad (Lettuce, Cheese, Tomato, Beetroot and Carrot)		\$5.00
Extras (Pineapple, Bacon pieces, Avocado, Mushrooms or Cherry Tomatoes)		\$0.70
Dressing (Mayonnaise, Italian or French)		\$0.20



ROLLS, SANDWICHES OR WRAPS



Bread & Rolls are wholegrain unless white is requested

Salad (Cheese, tomato, beetroot, carrot and lettuce)		\$4.50
Ham with Salad (Cheese, tomato, beetroot, carrot and lettuce)		\$5.00
Chicken with Salad (Cheese, tomato, beetroot, carrot and lettuce)		\$5.00
Tuna with Salad (Cheese, tomato, beetroot, carrot and lettuce)		\$5.00
Tuna		\$3.50
Ham		\$3.50
Chicken		\$3.50
Cheese		\$3.50
Egg		\$4.00
Vegemite		\$2.70
Honey		\$2.70
Jam		\$2.70
Extras (Pineapple, Bacon Pieces, Avocado, Mushrooms, Cheese, Tomato, Beetroot, Carrot or Lettuce)		\$0.70
Mayonnaise		\$0.20

HOT FOOD		
Royale Wrap (Hot Chicken Royale, lettuce & mayo in a wrap)		\$4.50
Cheese Burger (Beef pattie in a roll with cheese & tomato sauce)		\$4.50
Hamburger (Beef pattie in a roll with tomato sauce & salad)		\$5.50
Chicken Burger (Chicken burger in a roll with mayonnaise & lettuce)		\$4.50
Simmo Burger (Chicken burger in a roll with mayonnaise & salad)		\$5.50
Twisted (Spaghetti meatballs)		\$4.00
Cha Cha Chilli (Mexican beef with rice)		\$4.00
Nacho Wedgez (Potato wedges with salsa sauce)		\$4.00
Dim Sims (steamed)		\$0.90
Corn Cobette		\$0.90
Yamba Roll (Ham & cheese heated in a roll)		\$4.00
Hot Chicken Roll		\$4.00
Garlic Roll		\$3.50
Pizza (Ham & cheese)		\$3.70
Chicken Royale		\$2.70
Chicken Nuggets (each)		\$0.70
Sauce (only added if requested)		\$0.20

DRINKS		
Water—large		\$2.00
Flavoured Milk - small (Chocolate or Strawberry)		\$2.00
Nippy Low Fat Milk—small (Strawberry or Chocolate)		\$2.00
Slush Puppie (Rainbow, Raspberry, Strawberry, lemon/lime or Apple Juice)		
- Small		\$2.00
- Medium		\$3.00
Shocker Shot with Slush Puppie		\$0.20
Sports Water (Raspberry, Fruit Fix or Blackcurrant)		
- 350ml		\$1.80
- 500ml		\$3.00
Prima Juice Drink (Apple & Blackcurrant, Apple & Raspberry, Orange or Apple)		\$1.70



SNACK FOOD		
Apple Slinky—small		\$0.50
Fruit in season		\$0.60
Veggie Sticks		\$0.50
Fruit Yoghurt		\$1.70
Iced Fruit Bun (buttered)		
- Half		\$1.00
- Full		\$2.00
Apple Cake		\$2.00
Gingerbread (Boy or Girl)		\$1.80
Custard Tart		\$2.30
J.J's (Chicken or Salt & Vinegar)		\$1.00
Pretzels		\$1.00
Sakata Rice Crackers (BBQ or Cheese)		\$1.00
Popcorn (Butter or Original)		\$1.00
Muffins—assorted (homemade)		\$0.50
Muffins— Large Texas— Assorted		\$1.00



FROZEN FOOD		
Ice-creams can be paid for on lunch order bag and will be marked "TO COLLECT". Bags must be presented for collection. NO BAG—NO ITEM		
Smile (Pieces of frozen orange in a bag)		\$0.50 Per bag
Frozen Fruit Yoghurt		\$1.80
Juicy		\$0.50
Zing		\$0.50
100% Juice Cup with spoon (Orange, Apple or Apple & Blackcurrant)		\$0.70
Calippo		\$0.80
Icy Pole—Lemonade		\$1.00
Plain ice cream cup		\$1.50
Paddle Pop (Chocolate, Rainbow & Banana)		\$1.30
Frozen Prima/spoon (Apple & Blackcurrant, Apple & Raspberry, Orange or Apple)		\$1.70



