

THE SNACK SHACK MENU Term 4 – 2017

MONDAY and WEDNESDAY and FRIDAY

Order on Qkr! OR (for a limited time) place your suitably sized paper bag with the correct money into the CANTEEN ORDERS box at the office by 9am

Sandwiches/Rolls – (prepared fresh daily at Swiss Bell Bakery, Seaview Shops, on wholemeal bread unless otherwise specified) **Wraps available for an extra \$1.20**

Ham ■	3.90
Chicken ■	3.90
Salad (lettuce, carrot, cucumber, tomato) ■	3.90
Egg & mayonnaise ■	3.90
Cheese ■	2.70
Vegemite ■	2.20
Extras:	
Cheese ■	0.55
Avocado ■	0.90
Mayonnaise ■	0.40
Lettuce, cucumber, tomato, carrot or beetroot ■	0.40 each

Hot Food

Party Pie Lite ■	1.00
Meat Pie Lite ■	3.50
Vegetarian Fried Rice (gluten free) ■	3.50
Sausage Roll Lite ■	2.80
Dim Sim reduced salt (steamed) ■	1.00
Tomato/Soy Sauce ■	0.20 each

Snacks

Carrot Sticks ■	0.30
Gingerbread Babies (5 per serve) ■	0.50
Apple/Curly Apple ■	0.80
Chunky Fresh Fruit Salad Cup ■	1.00
Orange (cut in quarters) ■	0.80
Bega Tasty Cheese Stick ■	1.00
Banana Bread ■	1.00
Popcorn (cheese, salt, sweet & salty or salt & vinegar)(gluten free) ■	1.20
Vege Chips (natural, salt & vinegar, chicken or bbq) (gluten free) ■	1.20
Cake (chocolate or orange) ■	1.20

Frozen Snacks*

Frozen Yoghurt (mango, strawberry or raspberry) ■	1.80
Quelch Frozen Fruit Juice Tubes (variety of flavours) ■	0.80
Frozen Pineapple Ring ■	0.80
Frozen Watermelon Wedge ■	0.80

(*Frozen items ordered and paid for with lunch orders can only be redeemed if children bring their lunch order bag back to the canteen during lunchtime)

Drinks

Just Juice 200ml (apple, orange or apple & blackcurrant) ■	1.30
Big M Flavoured Milk (chocolate or strawberry) ■	1.60

■ Green – every day food – best choice

■ Amber – occasional food - choose carefully

■ Red – eat these rarely – limit these to twice a term