

# St Michael's Canteen Price List - Term 1 Menu

## Recess

**Recess cannot be preordered. A selection of fresh & balanced items is available.**

Fruit			Fresh Baked			Something hot		
G	Seasonal fruit	50c	G	Pikelets (lg or 2 sml)	60c	A	Grilled cheese	50c
G	Fruit kebabs/cups	60c	A	Mini muffins	50c	G	Garlic bread piece	40c
G	Dried apricot pack	40c	G	Popcorn	30c	A	Mini pizza	60c
G	Sultana pack	20c	A	Banana bread	60c	G	Soup Shots (T3/T4)	50c
G	Fruit & custard cups	60c	G	Adventure mix	30c	A	Raisin Toast	20c
G	Apple slinky	50c	G	Pretzel pack	40c	G	½ Corn on cob	50c
						A	Party Sausage Roll	70c
						A	Party Pie	70c

## Lunch

SANDWICHES	
Plain or Toasted Wholemeal Bread	
<b>Gluten Free bread/wraps available @ 50¢ extra</b>	
G	Salad (lettuce, tomato, beetroot, cucumber, carrot) \$3.50
A	Cheese \$2.50
A	Tuna \$2.50
G	Egg \$2.50
G	Ham \$3.00
G	Chicken breast (100% chicken) \$4.00
G	Chicken breast (100% chicken) and Salad \$4.50
G	Vegemite/Jam/Honey \$2.00
EXTRAS	
G	Lettuce, tomato, carrot, beetroot, cucumber. 20¢ each
A	Cheese 50¢
A	Tomato sauce sachet 20¢
	Lunch bags - Paper 10¢
SALAD PLATES	
G	Salad plate: lettuce, tomato, carrot, beetroot, cucumber, boiled egg, slice of cheese & slice of bread. \$4.00
G	Salad plate as above with ham \$4.50
G	Salad plate as above with chicken \$5.00
DRINKS - MILK & JUICES	
A	Flavoured Milk: Chocolate, Strawberry \$1.50
A	Juice Popper: Apple, Apple/Blackcurrant, Tropical, Orange \$1.50

HOT FOOD	
A	Chicken Burger (lettuce & mayo) \$3.00
A	Sausage roll - large \$2.50
A	Sausage roll - small 70¢
A	Large Pie \$3.00
A	Party pies 70¢
A	Low fat hot dog with sauce \$2.50
G	Corn on the cob 80¢
A	Chicken wrap (chilli & cheese option) \$4.00
A	Chicken Wedges each 60¢
A	Cheese and Spinach roll (Vegetarian) \$3.00
ICE BLOCKS Lunch Time Only	
	Quelches 40¢
	Juicies - Lemonade, Orange, Tropical, Wildberry 80¢
	Ice Cream Tubs 80¢
	Icy Pole - Lemonade \$1.20
	Frozen Yogurt - Raspberry, Strawberry \$1.50
CHIPS Lunch Time Only	
A	Grain Waves - Sour Cream \$1.20
A	Red Rock - Plain or Honey Soy \$1.20
FRUIT	
	Piece of Fruit 50¢
<b>Green (G) encourage Amber (A) select carefully Red (R) occasionally*</b>	
* Healthy Canteen Classification comes from NSW Health	

Thank you for supporting St Michaels canteen.

## Canteen

The canteen will no longer be open on Thursdays. The canteen will **operate 4 days** (Monday, Tuesday, Wednesday and Friday) each week open for recess and for pre-ordered lunches. Thank you to our Canteen volunteers who are back creating great lunches and interesting recess options for the students.

### Urgent Request for New Volunteers covering Tuesdays.

If you are able to volunteer for only a few hours or cover both the Recess and Lunch Period, we would very much appreciate any help you can offer. The canteen will need to close on Tuesdays if we are not able to find volunteers.

**New volunteers** for any day on the roster are always welcome, please contact Shanda Eglitis on 0422 060 042 to join the canteen team.

If you work full time or have other commitments we would encourage and appreciate donations of recess items such as mini muffins, jelly, pikelets, banana bread or seasonal fresh fruit.

### Reusable Lunch Bags

Sticky Beaks Reusable Lunch bags are available from the canteen for \$10

### Meal Deals

These great value speciality days occur twice per term and offer a complete package for lunch, including a drink. Meal Deals are held in conjunction with a special event or feast day at the school.

### Request for class donations of long life items.

To continue the profitable and efficient operation of the canteen, donations of long shelf life items and cleaning products are requested from each family. Please refer to the donation list for your class below. These items significantly reduce the overheads of the canteen. So that your volunteer hours make money for the provision of priority educational needs of the students.

Canteen e-mail [canteen@smt dow.catholic.edu.au](mailto:canteen@smt dow.catholic.edu.au)

Class	Long life donation item
<b>Kinder</b>	Dishwashing Liquid 750ml
<b>Year One White</b>	Garlic - Minced or Granulated
<b>Year One Blue</b>	Mayonnaise 500ml
<b>Year Two</b>	Sultanas 500g packet
<b>Year Three White</b>	Rice Bubbles - Small packet
<b>Year Three Blue</b>	Tinned Fruit in Natural Juice
<b>Year Four</b>	Tomato sauce 500ml salt reduced
<b>Year Five</b>	Dried Apricots
<b>Year Six</b>	Diced Tomatoes

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