

St Michael's Canteen Price List - Winter Menu

Recess

Recess cannot be preordered. A selection of fresh items are 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		
Gluten Free bread/wraps available @ 50¢ extra		
G	Salad (lettuce, tomato, beetroot, cucumber and carrot)	\$3.50
G	Cheese (light)	\$2.50
G	Tuna	\$2.50
G	Egg	\$2.50
G	Ham	\$3.00
G	Chicken breast (100% chicken)	\$4.00
G	Chicken breast and Salad (100% chicken)	\$4.50
G	Vegemite/Jam/Honey	\$2.00
EXTRAS		
G	Lettuce, tomato, carrot, beetroot, cucumber	20¢ each
G	Cheese (light)	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 Light - Chocolate, Strawberry	\$1.50
A	Juice Popper - Apple, Apple and Blackcurrant, Orange, Tropical	\$1.50
FRUIT		
G	Piece of Fruit	50¢

HOT FOOD		
A	Macaroni and Cheese (single serve)	\$2.50
A	Beef Lasagne (single serve)	\$2.50
A	Twista Pasta with Bolognese sauce (single serve)	\$2.50
A	Chicken Burger (lettuce & mayo)	\$3.00
A	Sausage roll - large	\$2.50
A	Sausage roll - small	70¢
A	Spinach and Cheese Roll (vegetarian)	\$3.00
A	Large Pie	\$3.00
A	Party Pie	70¢
A	Hot dog with sauce (low fat)	\$2.50
G	Corn on the cob	80¢
G	Chicken Wrap (chilli & cheese option)	\$4.00
A	Chicken Wedges	60¢ each
ICE BLOCKS Lunch Time Only		
A	Paddle Pop - chocolate, rainbow	\$1.50
A	Quelches	40¢
A	Icy Pole - Lemonade	\$1.20
A	Ice Cream Tubs	80¢
A	Juicies - Lemonade, Orange, Tropical, Wildberry	80c
A	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

Green (G) encourage **Amber (A)** select carefully **Red (R)** occasionally*
Healthy Canteen Classification comes from NSW Health

Welcome back to school.

The canteen is **operating 4 days** each week (Monday, Tuesday, Wednesday and Friday) 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.

New volunteers 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 once 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

Class	Long life donation item
Kinder	Mayonnaise light 500ml squeeze bottles
Year One White	Maple syrup
Year One Blue	Tomato Paste
Year Two	Pancake mix
Year Three White	Tin Diced Tomatoes
Year Three Blue	Dishwashing liquid 750ml
Year Four	Minced garlic
Year Five	Small Tin of Tuna in springwater
Year Six	Tin Fruit in Natural Juice