

St Michael's Canteen Price List - Spring 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	A	Party Pie	70c
G	Fruit & custard cups	60c	G	Adventure mix	30c	A	Raisin Toast	20c
G	Apple slinky	50c	G	Pretzel pack	40c	A	Party Sausage Roll	70c

Lunch

SANDWICHES		
Plain or Toasted Wholemeal Bread		
Gluten Free bread/wraps available @ 50¢ extra		
G	Salad (lettuce, tomato, beetroot, cucumber, carrot)	\$3.50
G	Cheese (light – grated or sliced)	\$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 – grated or sliced)	50¢
A	Sauce - Sweet Chilli, BBQ, Tomato	20¢ each
	Lunch bags - Paper	10¢
SALAD PLATES		
G	Salad plate (Lettuce, tomato, carrot, beetroot, cucumber, boiled egg, sliced or grated 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	Beef Lasagne (single serve) UNTIL SOLD OUT	\$2.50
A	Twista Pasta with Bolognese sauce (single serve) UNTIL SOLD OUT	\$2.50
A	Chicken Burger (lettuce & mayo)	\$3.00
A	Sausage roll - large	\$2.50
A	Sausage roll - small	70¢
A	Spinach & 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 (frozen) – 2 cobs for .80c	80¢
G	Chicken Wrap (sweet chilli & cheese option)	\$4.00
A	Chicken Wedges	60¢ each
A	Sauce - Sweet Chilli, BBQ, Tomato	20¢ each
ICE BLOCKS Lunch Time Only		
A	Paddle Pop – chocolate, rainbow	\$1.50
A	Juicies – Lemonade, Orange, Tropical, Wildberry	80¢
A	Icy Pole - Lemonade	\$1.20
A	Ice Cream Tubs	80¢
A	Quelches	40c
A	Frozen Yogurt – 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	Food handling gloves / washing up gloves or Spray & Wipe
Year One Blue	Rice Bubbles
Year Two	Green washing up Scourers or Sponges
Year Three White	Sultana's or dried apricots
Year Three Blue	Dishwashing liquid 750ml
Year Four	Minced garlic
Year Five	Small Tin of Tuna in springwater or Small Tin of Beetroot
Year Six	Milk Choc Chips