

Ringwood North Primary School

Canteen Summer Menu-Term 4, 2016 & Term 1, 2017

If possible please place correct money in a paper bag with your child's name, grade and order written on the front.

Please do not use any staples with your order.

Please include 20c if you do not have a lunch bag and one will be provided. They are also available from the canteen in bundles of 10 for \$1.00.



Green Foods = everyday foods
(most nutrient rich foods)

Amber Foods = Select carefully foods

Red Foods = Occasional foods

For more information go to :

http://eduweb.vic.gov.au/edulibrary/public/schadmin/schops/healthycanteen/gfyl_planner_tables.pdf

Supadupa Sangas

Wholemeal or Multigrain Bread

| | |
|---------------------------------------|---------|
| White High Fibre Bread..... | add 20c |
| Rolls or Wraps..... | add 50c |
| Toasted..... | add 40c |
| Cheese (low fat)..... | add 50c |
| Vegemite..... | 2.40 |
| Cheese (low fat)..... | 2.40 |
| Cheese & Tomato..... | 2.70 |
| Cheese & Vegemite..... | 2.90 |
| Egg & Lettuce..... | 3.00 |
| Salad (Lettuce, Tomato & Carrot)..... | 3.00 |
| Salad with Cheese..... | 3.50 |
| Ham..... | 3.00 |
| Ham & Cheese..... | 3.50 |
| Ham, Cheese & Tomato..... | 3.70 |
| Roast Chicken..... | 3.50 |
| Roast Chicken, Lettuce & Mayo..... | 3.80 |

Hoppity Hot Food

| | |
|---|------|
| Fried Rice (home made with veges)..... | 3.60 |
| Stir Fried Noodles(home made with veges)..... | 3.60 |
| Plain Boiled Rice..... | 2.80 |
| Whole Baked Potato- Choose any 2 toppings - (Cheese / Baked Beans / Corn / ham)..... | 3.80 |
| Macaroni Cheese..... | 4.20 |
| Lasagne..... | 4.20 |
| Spaghetti Bolognese..... | 4.20 |
| Hamburger (Lettuce & Tomato)..... | 3.80 |
| Warm Chicken & Mayo Roll..... | 3.80 |
| Chicken & Vegetable Fried Rice..... | 4.00 |
| Teriyaki Chicken with Vegetables and Rice..... | 4.00 |
| Pastries - chicken & corn OR spinach & cheese..... | 2.00 |



Rocky Wraps

Mexicana

Chicken, Tomato, Corn, Lettuce & Salsa...4.20

Tantalising Tuna

Tuna, Lettuce, Tomato.....4.00

Lamb

Roast Lamb, lettuce and mint sauce...4.20

Salad

Lettuce, Tomato, Cucumber, Carrot...3.60

Hawaiian Delight

Chicken, Lettuce & Pineapple.....4.20



Summer Salads

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|---------------------------------|------|
| Salad Bowl..... | 2.80 |
| Sweet Chilli Chicken Salad..... | 4.00 |
| Egg and Cheese Salad..... | 3.80 |
| Fruit Salad Bowl..... | 3.00 |

Tantalising Tuesdays

| | |
|--------------------------------|------|
| Sushi (2)..... | 4.00 |
| - Teriyaki Chicken & Avocado | |
| - Carrot, Cucumber, Avocado | |
| - Tuna, Avocado, Mayo | |
| Soy Sauce..... | 20 |
| Pork & Vege Dumplings (6)..... | 4.50 |
| Baked Potato Wedges (6)..... | 1.00 |

Wacky Wednesdays Only

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|---------------------------------------|------|
| Pizza Hawaiian..... | 3.50 |
| Meat Pie (Reduced fat)..... | 3.60 |
| Sausage Roll (Reduced fat)..... | 3.00 |
| Chicken Burger (Lettuce/Mayo)..... | 3.80 |
| Chicken Dinosaur Nuggets & salad..... | 4.00 |
| Hot Dog..... | 3.30 |
| Tomato Sauce..... | 0.30 |
| Dim Sim..... | 1.20 |

Weirdly Weird Fruit (and Vegetables)

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|---|------|
| Slinky Apples..... | 1.20 |
| Apple from home made into a Slinky...0.20 | |
| Fresh Fruit (in season)..... | 1.00 |
| Frozen Yoghurt and fruit cup..... | 1.50 |
| Carrot Sticks..... | 0.80 |
| Cucumber Sticks..... | 0.80 |
| Mixed Sticks (Includes above 2)..... | 1.00 |
| Frozen Pineapple Ring..... | 0.80 |
| Frozen Orange Wedges..... | 0.80 |
| Frozen Juice Cups (100% Juice)..... | 1.00 |
| Frozen Strawberry Fruit Stick..... | 0.80 |

Drinky Drinks Over the Counter Sales

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|---------------------------------------|------|
| Fruit Box -200ml, 100% Juice | |
| Apple/Orange..... | 1.80 |
| Flavoured Milk OR Up and Go 250ml | |
| Chocolate/Strawberry..... | 2.20 |
| Natural Spring Water.....(350ml)..... | 1.50 |
| Slush Puppies - | |
| Berry/Grape/Cola/Bubblegum.. | 2.20 |
| Frozen Juice Cups (100% Juice)..... | 1.00 |
| Frozen Cola Cup..... | 1.00 |

Snappy Snacks Over the Counter Sales

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|---|------|
| Choc Chip Cookie..... | 0.50 |
| Gingerbread Man..... | 1.80 |
| Large Muffin (Apple or Chocolate)..... | 1.80 |
| Mini Muffin..... | 1.00 |
| Pizza Muffin..... | 1.00 |
| Popcorn - Salt & Vinegar or Buttered...1.40 | |
| Garlic Bread..... | 1.00 |
| Baked Potato Wedges(6)..... | 1.00 |
| Frozen Yoghurt Sticks (4 flavours)..... | 1.20 |
| Jelly with Two Fruits..... | 1.20 |