

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

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

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)

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

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

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