



Canteen Menu- Tuesdays

Starts Tuesday 5th February

Our school promotes the consumption of fruit and vegetables and healthy food options in line with the Australian Schools Canteen Guidelines.

These guidelines arrange food into the following categories:

✓ **GREEN- Always foods** + **AMBER- Select carefully foods** X **RED- Not recommended foods**

The College canteen will **not** sell foods belonging to the RED "Not Recommended" Category.

Term 1 MENU – Place orders on a Monday

| Green Food | | Amber Food | |
|----------------------------|------------------------|--|------|
| Salad | Full | BAKERY ITEMS | |
| ** Rice Salad & Dressing | 4.00 | Pie | 4.50 |
| SUSHI Rolls | | Party Pie | 1.50 |
| Vegetarian Roll (GF) | 3.00 | Vegie & Cheese Pasties | 4.00 |
| | | Vegie Pastie With Chick Pea | 4.00 |
| Teriyaki Chicken Roll | 3.00 | Vegan Pasties (Vegan) | 4.00 |
| Tuna Salad & Cucumber Roll | 3.00 | Spinach & Ricotta Roll | 3.00 |
| | | Plain Sausage Roll | 3.00 |
| | | Sweet Chillie Sausage Roll | 3.00 |
| Wraps | | CAKES & MUFFINS | |
| Chicken, Ham or Tuna | Full 4.50 Half 2.50 | Homemade Carrot Cake | 2.50 |
| SNACKS | | Muffin | 2.50 |
| Popcorn Tub | 1.00 | DRINKS & DAIRY | |
| | | Milkshakes- Choc, Strawberry, Lime | 3.00 |
| | | FROZEN Yoghurt | 2.00 |
| | | 100% Fruit Juice- Apple, Orange, Apple & Blackcurrant | 2.00 |
| | | ** Smoothies - Mango | 3.50 |

** New items



Please remember: Orders must be placed on Monday Morning for Tuesday Canteen.

Lunch order bags 10 cents each- available from the general office.