



Canteen Menu- **FRIDAYS**

Starts **FRIDAY 14th 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 Thursday*

Green Food		Amber Food	
BURGER (WHOLEMEAL ROLL)	Full	BAKERY ITEMS	
Vegie Burger w Lettuce & Cheese. W Relish OR Sauce	4.50	Pie	4.50
SUSHI ROLLS		Party Pie	1.50
Vegetarian Roll (GF)	3.00	Vegie & Cheese Pasties	4.00
		Meat & Vegie Pasties	4.00
Teriyaki Chicken Roll	3.00	Vegan Pasties (Vegan)	4.00
Tuna Salad & Cucumber Roll	3.00	Spinach & Ricotta Roll	3.00
WRAPS - WHOLEMEAL		Plain Sausage Roll	3.00
**Chicken, Ham, Tuna or	4.50	Sweet Chillie Sausage Roll	3.00
**Plain Salad	4.50		
ROLLS - WHOLEMEAL		CAKES & MUFFINS	
Chicken, Ham, Tuna or	4.50	Homemade Banana & Carrot	2.50
Plain Salad	4.50	Cake	
SNACKS		Muffin	2.50
Popcorn Tub	1.00	DRINKS & DAIRY	
		Milkshakes- Choc, Strawberry, Lime	3.50
		FROZEN Yoghurt	2.00
		Smoothie - BANANA	3.50
		100% Fruit Juice-	2.00
		Apple, Orange, Apple & Blackcurrant	
** New items			



Please remember: Orders must be placed on Thursday Morning for Friday Canteen.

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