
The canteen is open for recess and lunch on Monday, Wednesday and Friday during school term.

PLEASE have all lunch orders in the canteen by 9am on the day of order. Recess items are only guaranteed to be available if ordered. Recess orders are collected from the canteen. Lunch orders are collected by each room from the canteen.

Lunch order bags are available from the canteen, the front office or you can use a paper lunch bag from home.

We follow the Department of Education's Healthy Food and Drink policy & traffic light system. Green foods fill the menu, Amber foods are limited and Red foods are off the menu.

To volunteer in the canteen please drop in or use the contacts on the front page of the menu.

As many products as possible are sourced from our school garden. We welcome your garden produce.

Winterfold Primary School

Summer Menu
Available
Term 4, 2019
Term 1, 2020



Prices subject to change

Meeting students' nutritional needs, promoting healthy affordable food that is part of a whole school approach to healthy food choices.

Phone: 6274 1923
E-mail:
winterfoldcanteen@gmail.com

SUMMER MENU

Recess

Hungry already? If you didn't eat enough breakfast this morning your brain might be going to sleep. Time to re-fuel!

◆	Cheesie	1.40
	Homemade sauce with cheese on half a bun	
◆	Pikelet*	0.60
	With added banana	
◆	Popcorn	0.30
	Found some spare change?	
◆	Fresh fruit	0.50
	Slinky apple or other seasonal fruit	
◆	Fruit Salad	1.00
	A cup of diced fresh seasonal fruit	
◆	Frugurt	1.50
	Diced fresh fruit layered with yoghurt in a cup	

Summer Delights

◆	99% juice icypoles	0.50
◆	Moosies	2.00
	Chocolate or strawberry frozen milk	

- ◆ Healthy choice—GO!
- ◆ Select carefully—WAIT!
- * Gluten free option available

Lunch—Breads—Always Available

Sandwiches, rolls & wraps are made to order. Please specify wholemeal, multigrain or white bread. Bread is not buttered.

	Wrap/ Sandwich	Roll
◆ Vegemite	2.60	2.80
◆ Salad OR Cheese	3.00	3.20
◆ Egg OR Chicken	3.00	3.20
◆ Ham	3.00	3.20
◆ Ham OR Chicken OR Cheese WITH salad	3.70	3.90
Extras		
Beetroot, butter, mayonnaise, vegemite,	0.25	
Cheese, egg, tuna, ham, chicken, salad, baked beans	0.70	

Lunch Specials Always Available

◆	Greek pasta salad	4.50
	Cold pasta salad packed with cucumber, tomato, olives, feta cheese and mini beef meatballs. Finished off with a light homemade Greek dressing and fresh basil. Vegetarian option available	
◆	Salad Box	3.10
	Lettuce, tomato, carrot, beetroot & cucumber with a small bread roll	
◆	Super Salad Box	3.80
	As above plus a dose of protein—ham, chicken, egg or beans	
◆	Burrito	5.00
	Chicken, rice and beans in a fresh tortilla with lettuce, sour cream, cheese and fresh salsa. Vegetarian option available	

Daily Specials

◆	Monday Rice Paper Roll Special	5.00
	Fresh rice paper wraps filled with noodles, carrot, cucumber, capsicum and chicken. Served with Hoisin dipping sauce. Vegetarian option available	
◆	Wednesday Pizza Special *	5.00
	Fresh homemade pizza. Hawaiian—cheese, ham and pineapple Margherita—cheese	
◆	Friday Sushi Special *	5.00
	Sushi Rolls made fresh 6 pieces of sushi roll Tuna and cucumber Teriyaki chicken or Egg and vegetables	

Drinks

◆	Water 600ml	1.00
◆	Low fat milk 225ml	1.20
◆	Flavoured milk 300ml	2.00
	Chocolate, strawberry, banana, Spearmint	
◆	100% juice 200ml	1.80
	Apple, orange and tropical	
◆	Glee carbonated fruit juice	2.50
	Blackcurrant, Tropical, Raspberry	

SUMMER MENU