

## COMO WEST PUBLIC SCHOOL TERM 2 2009 CANTEEN MENU AND PRICE LIST

Our School Canteen supports the TRAFFIC LIGHT GUIDE to healthy eating.

What our menu symbols mean:

J	= Green light item – go for it – can be eaten every day
K	= Amber light item – can be eaten regularly, but not too often
*	= Available by Recess and/or Lunch order
ä	= Available by Lunch order only
I	= Counter Service

Brown Paper Canteen Lunch Bags 10c

**\* SANDWICHES**

made on white or wholemeal bread, please specify

J Plain Bread Roll, buttered	60c
J Vital Vegemite	\$1.00
J Beaut Banana	\$1.60
J Egg Energiser	\$1.60
J Tomato	\$1.20
J Slurpin' Spaghetti	\$1.50
J Lean Bean Fighting Machine(baked beans)	\$1.50
K Chillin' Cheese (low fat tasty cheese)	\$1.20
J Meat Muncher - Chicken, lean breast	\$2.00
J Meat Muncher - Leg Ham	\$2.00
J Meat Muncher - Tuna	\$2.00
J Sensational Salad (tom/lett/carrt/beet/cuc)	\$2.00

**Sandwich Extras**

	<b>add</b>
J Toasted	20c
J Wrap	40c
J Buttered Bread Roll	40c
J Add Salad (choose 3 –see Sensational Salad fillings above)	50c
K Add Cheese Slice, Tasty	30c
J Add Boiled Egg	40c
K Tomato Sauce	20c

**\* SALAD PLATE – a 5 Star lunch choice!**

Includes: hard boiled egg, tomato wedges, lettuce, car ot sticks, cheese slice, beetroot and a slice of bread \$3.00

With your choice of Meat Muncher add \$1.00  
(Chicken/Ham/Tuna)

**\* I FRESH FRUIT**

J Apple/Orange/Banana – whole piece	50c
J Apple Slinky	60c
J BYO Apple for Slinky	10c
J Fresh fruit salad cup (summer only)	\$2.00
J Add frozen yoghurt to fruit salad cup	50c

**ä HOT FOOD**

K Chicken Wrap - lettuce/mayo	\$2.50
K Chicken Burger-bread roll lettuce/mayo	\$2.50
K Chicken Burger Pattie only	\$1.50
K Party Pies, low fat	90c
K Pie, junior size, low fat	\$2.30
K Murphies Potato Pie	\$2.30
K Pizza Round- Cheese and Bacon	\$1.50
K Pizza Round- Ham and Pineapple	\$1.50
J Corn on the Cob	60c
K Lasagna	\$2.50
K Spaghetti Bolognaise	\$2.50
K Noodle cups Beef/Chicken	\$1.50
K Tomato Sauce Sachet	20c

**\* I SNACK FOODS**

K JJ's Chicken Crackers	90c
K Red Rock Deli Potato Chips	90c
K BBQ Rice Cakes	\$1.00
Go Cookie	\$0.60

**\* I DRINKS**

K Chocolate, Strawberry or Banana Milk	\$1.10
J Spring Water 400ml	\$1.00
J Milo - Hot or Cold	80c
J Fruit Juice poppers	70c

(Apple/Orange/Paradise Punch)

**I ICE CREAMS & FROZEN TREATS**

J Quelch Fruit Tube Ice Blocks - half 15c – full 30c	
J Apple/Orange/Pine Frozen Juice Cups	50c
K Lemonade Ice Block	90c
K Chocolate Paddlepops	\$1.20
K Frozen Fruit Yoghurt Tub	\$1.70
K Moosies (Choc, Straw or Banana)	\$1.00
K Juicies (Wild berry)	–Half 25c –Full 50c

**I SUPER SPECIAL DAILY SNACKS will vary**

Cheese & Jatz	-5c
Fresh Popcorn	– 20c per bag (approx 1 cup)
Raisin Toast/Cheese on toast	20c per ½ slice
Garlic Bread	20c per slice/piece

When ordering lunch/recess please write on the lunch bag – child's name, class, order, total amount due; and enclose payment.

NO ICE BLOCKS TO BE ORDERED IN LUNCH BAGS PLEASE.