### MAINS

**ALL MAINS ITEMS are $3.00 ea**

- Ricotta Cheese and Spinach Roll (Vegetarian)
- Vegetarian Sausage Roll
- Hot Dog (Vegetarian)
- Veggie Burger (Vegetarian)
- Pizza (Vegetarian)

### SNACKS

- Jelly Fruit Cup $0.70
- Boiled Egg $0.50
- Cheese Stick $0.80
- Fruit Strap $0.70
- Chips/Twisties $0.70
- Freddo Frog or Caramello Koala $0.60
- Popcorn $0.70
- Apple slinkie (circular peeled/cut apple) $0.80

### FROZEN

- Mango Smooze $0.80
- Paddle Pop – Chocolate or Rainbow $1.20
- Lemonade Ice Block $1.00
- Calippo ice block $0.80
- Frozen Orange Juicie $0.60

### DRINKS

- Water $1.00
- Juice Box – Apple/Apple&Blackcurrant/orange/ Tropical $1.00
- Flavoured Milk – Chocolate or Strawberry $1.20
- Up & Go – Chocolate or Vanilla $1.20

### EXTRA

- Paper Lunch Bag (if lunch bag size not sent ) $0.20

### HOW TO ORDER

1. Simply write the child’s name, class, order and total price on a lunch paper bag or on a slip in the window of their fabric lunch bag.
2. Put money into bag (change given). An IOU is only issued when insufficient money has accidentally not been included for the order.
3. Place order into class canteen basket.

**Note:** All proceeds from the canteen go back into the Home and School fundraising account to help provide for the children’s education.

---

### Healthy Choices

Our canteen strategy aims to reduce excess weight gain in children by fostering healthy eating patterns. We will be mindful of the choices made to ensure we achieve a good balance whilst maintaining an inviting menu.

**Our Tuck shop is Nut Free**

**MEAL DEALS are $4.50 each**

Meal Deals include one MAINS & DRINK & a SNACK packet of either potato crisps, rice crisps, pop corn, twisties or corn chips.

<table>
<thead>
<tr>
<th>MEAL DEAL</th>
<th>DESCRIPTION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HOTDOG</strong> Meal Deal</td>
<td>The Hot Dog Meal Deal is a delicious hot vegetarian sausage on a fresh bread roll (with/without tomato sauce – please indicate if NO SAUCE required) Plus drink and snack</td>
</tr>
<tr>
<td><strong>PIZZA</strong> Meal Deal</td>
<td>The Pizza Meal Deal is a generous slice of Vegetarian cheese and tomato Pizza. Plus drink and snack</td>
</tr>
<tr>
<td><strong>BURGER</strong> Meal Deal</td>
<td>The Burger Meal Deal is a vegetarian burger pattie on a fresh burger bun with cheese, tomato, lettuce (with/without tomato sauce – please indicate if NO SAUCE required). Plus drink and snack.</td>
</tr>
<tr>
<td><strong>CHEESE ROLL</strong> Meal Deal</td>
<td>The Ricotta Cheese and Spinach Roll Meal deal is a blend of creamy ricotta cheese, leafy green spinach, herbs and spices, all wrapped in lovely puff pastry. Plus drink and snack</td>
</tr>
<tr>
<td><strong>SAUSAGE ROLL</strong> Meal Deal</td>
<td>The Sausage Roll is a delicious vegetarian mixture encased in light puff pastry and cooked fresh on the day. Plus drink and snack</td>
</tr>
</tbody>
</table>

When ordering a Meal Deal, please ensure you write the ‘ ...... MEAL DEAL’ of choice and which snack and drink you want included.
CANBERRA
CHRISTIAN SCHOOL

2016 1ST TERM CANTEEN MENU

PLEASE NOTE
THERE IS NO TUCK SHOP THIS WEEK

Tuck Shop will commence Wed next week, 10th

As there are some changes please familiarize
yourself with the choices and prices.

Enjoy
CANBERRA CHRISTIAN SCHOOL

2016 1ST TERM CANTEEN MENU

PLEASE NOTE
THERE IS NO TUCK SHOP THIS WEEK

Tuck Shop will commence Wed next week, 10th

As there are some changes please familiarize yourself with the choices and prices.

Enjoy
PLEASE NOTE
THERE IS NO TUCK SHOP THIS WEEK

Tuck Shop will commence Wed next week, 10th

As there are some changes please familiarize yourself with the choices and prices.

Enjoy