

Canberra Christian School

Canteen Menu



Mains:

Cheese and Spinach Roll: \$3.50
 Pasta with Tomato Passata and Cheese: \$3.50
 Vegetarian Hot Dog: \$3.50
 Vegetarian Burger: \$3.50
 Cheese Pizza: \$3.50 per slice
 Nut Meat Pie (Vegetarian): \$5.00
 Vegetarian Pastie : \$3.80

Snacks:

Jelly Fruit Cup: \$1.00
 Chips/Twisties: \$0.80
 Freddo Frog or Caramello Koala: \$0.70

Frozen Treats:

Mango Coconut/ Pineapple Coconut Smooze \$1.00
 Paddle Pop – Choc or Rainbow \$1.20
 Lemonade Ice Block \$1.00
 Calippo Ice Block \$1.30
 Frozen Fruit Icy Pole \$0.70

Drinks:

Water \$1.00
 Juice Box – Apple/Apple
 Blackcurrant/Orange/ Tropical \$1.00
 Flavoured Milk – Choc or Strawberry \$1.20
 Up & Go – Chocolate or Vanilla \$1.50

Extra: Paper Lunch Bag (if cloth lunch bag is not sent) \$0.20

MEAL DEALS are \$5.00 each Meal Deals include **one MAINS from our standard menu (not Healthy Choice Options) & DRINK & a SNACK** (packet of either potato crisps, popcorn, Twisties or Corn chips, Freddo or Caramello Koala).

Hot Dog Meal Deal	Hot vegetarian sausage on a fresh bread roll (with/without tomato sauce – please indicate if NO SAUCE required) Plus drink and snack
Pizza Meal Deal	A generous slice of cheese tomato Pizza. Plus, drink and snack
Burger Meal Deal	Vegetarian pattie on a fresh bun with cheese, tomato and lettuce (with or without tomato sauce – indicate if no sauce or other fillings required). Plus, drink and snack
Cheese Roll Meal Deal	Warm ricotta and spinach pastry roll. Plus, drink and snack.
Pasta Meal Deal	Bowl of Penne Pasta with vegetarian tomato sauce, grated cheese and garlic bread. Plus, drink and snack (Please indicate if sauce or cheese is not required).

When ordering a Meal Deal, please ensure you write the Meal Deal required AND which snack and drink you want included.

HEALTHY CHOICES MENU

The Healthy Choices Menu offers lunches that have been specifically developed to provide a balance of nutrition and taste. Ingredients are premium therefore prices are higher for these options.

MAINS:

Cheese and Spinach Tortellini with Canteen -Made Pumpkin Sauce: \$5.00
 Pumpkin or Minestrone soup with a fresh crusty wholemeal bread roll: \$5.00 (Offered Term 2 and 3 only)
 Cheese and tomato toasted sandwich made with wholemeal bread \$ 4.00

SNACKS:

Boiled Egg: \$0.90
 Cheese Stick: \$0.80
 Hummus with bag of carrot Sticks. \$2.80
 Cup of Greek yoghurt with winter berry puree: \$2.50 (Terms 2 and 3 only)
 Apple Crumble with Oat topping: \$1.70
 Apple Slinkie: \$1.40
 Bag of Popcorn \$1.00

FROZEN TREATS:

Mango Coconut/ Pineapple Coconut Smooze \$1.00
 Weiss Ice Cream Bar (no artificial ingredients) \$2.50
 Proud & Punch Ice Block (Just fruit and fruit pulp) \$2.00
Drinks:
 Water: \$1.00
 Plain Milk \$1.00

How to order

1. Write your child's name and class on a piece of paper and slip it into the lower front window of the lunch bag. Write their order on a separate piece of paper and place it with money in the top zip section – change is provided.
2. Please ensure there is sufficient money to cover the cost of your child's order. Refer to the latest price list.
3. Child places their canteen bag in the basket in their classroom.

Occasionally an item may be unavailable. In these instances, we will ask your child for their second preference.

- * All profits from the Canteen go back into the School's Fundraising account which helps to provide resources for your child's education.
- * Our canteen is working towards reducing its environmental footprint and so, where possible, we are adopting compostable serving containers and cutlery. These options come at a slightly higher cost and are incorporated into prices.