

# Romsey Primary School

## Canteen Menu – Term 2, 2017

*This menu is effective immediately*

| <b><u>HOT FOOD</u></b>   |        |   |        |
|--|--------|---|--------|
| Steamed dim sim  | \$1.00 |   |        |
| Sweet chilli tender  | \$1.70 |   |        |
| Toasted sandwiches   | \$3.50 |   |        |
| Ham, cheese & tomato, or ham & egg   |        |   |        |
| Chicken Burger   | \$4.50 |   |        |
| Crumbed chicken, lettuce, mayo, cheese on a white roll   |        |   |        |
| * Traveller's pie—beef   | \$3.50 |   |        |
| * Large vegetable spring roll 140g   | \$2.20 |   |        |
| * Chicken & corn soup and bread roll   | \$3.50 |   |        |
| Chicken, corn, vegetable stock, egg whites, white bread roll & butter, canola oil                              |        |   |        |
| * Pasta bolognaise   | \$5.00 |   |        |
| Mince beef, onion, garlic, tomato paste, Chopped tomato, tomato puree, spiral pasta (gluten free), canola oil. |        |   |        |
| * Fried rice   | \$5.00 |   |        |
| Onion, garlic, peas, corn, carrot, egg, bacon, oyster sauce, rice  |        |   |        |
| *Pumpkin soup and bread roll   | \$3.50 |   |        |
| Roast pumpkin, onion, garlic, vegetable stock, white bread roll & butter                                       |        |   |        |
| <i>Sauces at no extra cost: soy, mayo, and tomato</i>  |        |   |        |
| * <i>New menu item this term</i>   |        |   |        |
|  |        | <b><u>SNACKS</u></b>  |        |
|  |        | Gingerbread men   | \$2.00 |
|  |        | Delites– Sour cream, sea salt, sweet chilli                   | \$1.00 |
|  |        | Corn toss (gluten free) BBQ / cheese                          | \$1.00 |
|  |        | Popcorn—cheese  | \$1.00 |
|  |        | Grain waves - Sour cream                                      | \$1.50 |
|  |        | Strawberry filled yoghurt bars                                | .20c   |
|  |        | Muffins—blueberry or choc chip                                | \$2.40 |
|  |        | <b><u>FROZEN</u></b>  |        |
|  |        | Quelches icy poles  | .50c   |
|  |        | <i>(No added sugar, 99% fruit juice)</i>                      |        |
|  |        | Bulla Yogurt / Splits   | \$1.00 |
|  |        | <i>Strawberry, mango, wild berry, raspberry, passionfruit</i> |        |
|  |        | <b><u>DRINKS</u></b>  |        |
|  |        | Just Juice (No added sugar)                                   | \$2.00 |
|  |        | <i>Apple, orange, passion punch, apple and blackcurrant</i>   |        |
|  |        | Big M   | \$2.50 |
|  |        | Hot Milo  | \$1.50 |
|  |        | Milk shakes   | \$2.50 |
|  |        | <i>Chocolate, strawberry, lime, banana, blue heaven</i>       |        |
|  |        | Bottled water 600ml IGA                                       | \$2.00 |
|  |        | Up & Go—banana IGA  | \$2.50 |

**Please note:**

\*\* Any allergies must be noted on the lunch order

\*\*Lunch order bags can be supplied by the canteen at a cost of 20 cents per bag. Please add this to the total cost of your order.

\*\*Lunch order bags must be brought to the canteen by the student when they are collecting soup, hot chocolate, milk shakes and frozen items.

\*\*All lunch orders must be put in first thing in the morning to guarantee your child's order.

Thank you.

**\*\*Please discard any previous versions of the canteen menu that you may have.\*\***

**Please note that canteen operates 4 days per week this year—Tuesday to Friday.**  
There is no canteen on Mondays.

### **CANTEEN HELPERS NEEDED 1.5 hours each Friday**

If you can help as a volunteer in the canteen, please complete this slip and return it to school or contact Trish (Canteen Manager) on 5429 5099. Please note that pre-school children cannot attend while you are helping in the canteen due to OHS regulations. You will need to have a current Working With Children card to volunteer at school.

Name: .....

Phone number: .....