

Winter Menu

Term 3, 2017

Canteen Phone Number: 85525105

We are always looking for volunteers ☺

Victor Harbor R-7 School

Canteen Menu



Please send money wrapped in paper in a lunch order bag – extra lunch bags are available from the canteen

Daily Specials

Monday	Chicken Fillet Burger – Chicken fillet in a roll with lettuce, tomato, mayo & a Breaka Milk or Juice	\$5.00
Tuesday	Mini Chicken Wrap – Crumbed chicken tender fillet with lettuce, mayo OR sweet chilli sauce	\$3.20
Wednesday (Homemade)	Nachos - Corn Chips with Baked Beans, mild tomato salsa & sprinkled with cheese	\$3.50
Thursday	Cheese Burger – Chargrilled pattie in a roll with lettuce, tomato and cheese and a Breaka milk or juice	\$5.00
Friday	Hot Dog with a 300ml OAK Milk - <i>chocolate / strawberry / banana / vanilla malt or NIPPY'S Juice</i>	\$5.00
Everyday Specials		
Everyday Meal Deal	Pizza – Hawaiian or ham/cheese pizza with a 300 ml OAK Milk - choc/ straw / banana /vanilla malt	\$4.50
	Dinosaur Burger – Dino Snacks on a roll with lettuce & mayo + a Breaka Milk or Juice	\$4.50

Between the bread – Sandwiches and Rolls

Hi-fibre white, or brown bread	Sandwich	Roll
Brown rolls – extra 80c		
Buttered	\$1.20	\$1.70
Vegemite	\$1.50	\$2.00
Cheese	\$2.00	\$2.50
Egg/Curried Egg	\$3.00	\$3.50
Virginian Ham	\$3.50	\$4.00
Roast Chicken	\$3.50	\$4.00
Salad*	\$4.00	\$4.50
Cheese salad*	\$4.50	\$5.00
Ham salad*	\$5.00	\$5.50
Roast Chicken Salad*	\$5.00	\$5.50
Wrap - Chicken,lettuce,carrot, mayo		\$4.80
*Salad comprises lettuce, tomato, cucumber and carrot		

Extras

Cheese, tomato, lettuce, carrot, cucumber, gherkin, beetroot	50c each
Mayonnaise, mustard	20c each

Hot and Tasty

Dinkum Dog (with/without sauce)	\$3.50
Hot cheese roll	\$2.60
Hot ham and cheese roll	1/2 \$2.20 Full \$4.30
Hot ham, cheese and pineapple roll	\$4.50
Hash Browns	.80c
Homemade Spaghetti Bolognese	\$3.60
Macaroni Cheese/Lasagne	\$3.80
Chicken yummy drummy	\$1.10
Pizza – Hawaiian or ham/cheese	1/2 \$1.50 Full \$3.00
Good eating snack (pie with/without sauce)	\$1.00
Mid - size pie (with/without sauce)	\$3.00
Potato pie (with/without sauce)	\$3.80
Vegetable pasty (with/without sauce)	\$3.60
Good eating sausage roll (with/without sauce)	\$3.00
Dino Burger-	\$3.50
Mini Spring Rolls	.60
Garlic bread per slice	.50c

Recess Hot snacks – can also be ordered for lunch

Mini pizzas – ham/cheese and Hawaiian	\$1.10
Chicken Dino snacks – 50 c each or 5 or more .40c each	

Thirst busters

Spring water 600ml	\$1.70
100% fruit juice 200ml – orange, apple, apple & blackcurrant	\$1.60
Breakamilk 250 ml – <i>chocolate, strawberry/caramel</i>	\$1.60
Fruit Juice Nippy's <i>Orange/apple/apple & blackcurrant</i> 300ml	\$2.50
OAK flavoured milk 300ml – <i>chocolate, strawberry, banana, vanilla-malt</i>	\$2.40
Nippy's long life milk 375ml – <i>choc, honeycomb, banana & straw</i>	\$3.00
KrazyKrush inc sour	\$2.00
Milk Shakes 300ml - <i>Choc/Straw/Caramel</i>	\$2.50
MADE TO ORDER WED & THURS ONLY	

Fruit & Custard

Custard – Vanilla	\$1.00
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Treats

Muffin – <i>blueberry chocolate, apple/cinnamon</i>	\$1.80	Low fat choc chip cookies	25c
JJ's crackers - <i>Chicken</i>	\$1.20	Yoghurt straps	.20c
Noodle Snacks Chicken/BBQ			.90c
Corntos			.90c
Chips – Assorted Red Rock /Smiths			\$1.20
Jumpies			\$1.00
Vege Chips			\$1.20
Ovalteenies			\$1.00
Smiley Faces - 25% fruit juice			3 for 25c

Iceblocks

Paddlepop Choc Shaky Shake	\$2.00
Zings ½ .40c Full .80c	Frozen Juice Cups .90c
Quelch ½ .30c Full .60c	Peters Ice-cream Slice \$1.00
Calippo – Raspberry/Pineapple	\$1.00
Icy pole Lemonade	\$1.00
Lifesavers	\$1.00
Fruit Pencils	.20
School Cups Vanilla/Strawberry	\$1.00
Rainbow/Choc Paddle Pops	\$1.00
Moosies Chocolate/Blue Moon/Lime	\$1.20
Wobblies	.30c

All items on this menu are **Green** and **Amber** foods and are within the Healthy eating guidelines

CANTEEN INFORMATION

To assist with the smooth running of the canteen and to help parents with ordering lunches, we have provided the following general information.

- ❖ Lunches can be ordered everyday of the week. The canteen opening hours are 9am-2pm. Our contact number is 85525105.
- ❖ Recess items can be ordered along with lunch, students must collect these from the canteen at recess time.
- ❖ Icecreams, iceblocks and milkshakes can be included on lunch orders, but cannot be delivered with the lunch order. The lunch bag will be stamped by the canteen and returned in the lunch crate with all the other lunch orders. When the play bell sounds, students can collect frozen items and milkshakes by bringing their stamped lunch bag to the canteen.
- ❖ Please use black or blue pens when writing orders. Coloured pens and pencil can be very difficult to read.
- ❖ All money, including notes should be wrapped in clean paper or a plastic bag.
- ❖ No staples or sticky tape please. Lunch bags can be folded to ensure money doesn't fall out.
- ❖ New menus are sent home to families at the beginning of each term. Copies are also available from the canteen or on the school website. Please check your new menu for price increases and new items.
- ❖ Lunch bags are available from the canteen or you may provide your own.
- ❖ We endeavour to use locally sourced food items wherever possible and make many of our menu items freshly each day.
- ❖ Volunteer help in the canteen enables us to keep prices low and allows us to keep a strong focus on fresh, homemade style food. Each week volunteer request forms are sent home via your child's class teacher. If you cannot make it on your rostered week, we're always happy to arrange another time. Please consider volunteering, children love seeing their parents, grandparents and carers in the canteen.
- ❖ When writing out a lunch order, please use the teacher's name and not the class number.

