

# The Seventh 'C' – Curtin Primary School canteen

To volunteer for canteen duty contact Canteen Manager Lizzy 9am–1:30pm on 6205 5607, (not recess or lunch please). Typically shifts are allotted one day per month, but you may do more or less.

## LUNCH MENU Term 1 2019

### Sandwiches, wraps, rolls & salad

Cheese low fat (v)	\$2.50	●
Cheese and salad (v)	\$3.50	●
Chicken salad crumbed chicken tender	\$4.00	⦿
Egg, lettuce and mayo	\$3.50	⦿
Ham	\$2.50	⦿
Ham, tomato and cheese	\$3.00	⦿
Ham and salad	\$4.00	⦿
Salad (v)	\$3.00	⦿
Tuna	\$3.00	⦿
Vegemite, honey, or strawberry jam (v)	\$2.00	⦿
Salad plate lettuce, tomato, cucumber, carrot, beetroot, cheese, ham or egg and mayo	\$5.00	⦿
Any extras	50¢	

### Drinks

Fruit juice apple; apple & blackcurrant; or orange	\$2.50	⦿
Milk plain	\$1.60	●
Milk chocolate or strawberry	\$2.50	●
Slushy	\$2.00	⦿

### Gluten-free items (orders only)\*

Gluten-free crumbed chicken tenders	\$2.00	⦿
Gluten-free bread for sandwiches	no extra	

### Hot food

Chicken ball	\$1.00	⦿
Chicken, lettuce mayo wrap crumbed chicken tender	\$5.00	⦿
Corn cob (v) (gf)	\$1.20	●
Lasagne	\$5.00	⦿
Macaroni cheese (v)	\$5.00	⦿
Meat pie	\$4.00	⦿
Noodles chicken	\$2.50	⦿
Party pie	\$1.50	⦿
Pizza bacon; or ham & pineapple and cheese	\$4.00	⦿
Yummy drummy boneless mini chicken drumstick	\$2.00	⦿
Sausage roll/Gluten free option	\$3.50	⦿
Crumbed chicken tender	\$2.00	●
Barbecue, tomato or tartar sauce sachet	30c	⦿

## RECESS MENU

Cheese toastie (v)	80¢	⦿
Pikelets	20¢	⦿
Hot Milo ( Only in winter )	\$ 2.00	

### Fruit and snacks

Carrot sticks (v) (gf)	20¢	●
Fruit (apple or orange) (v) (gf)	\$1.00	●
Hardboiled egg (v) (gf)	\$1.00	●
Pretzels	\$1.50	⦿
Popcorn	\$2.00	⦿
Fruity Bites (when available)	20c	⦿
Carrot, cucumber and cheese cubes (v) (gf) in a pack	50¢	⦿
Crunchy chicken-flavoured potato stick	\$1.50	⦿

### Frozen items

Frozen fruit cup (gf)	\$1.00	⦿
Paddle Pop chocolate or rainbow	\$1.50	⦿
Frozen yoghurt strawberry or mango	\$2.00	⦿
Fruit tube (gf)	50¢	⦿
Vanilla ice-cream tub (gf) low fat	\$2.00	⦿

## \$6 MEAL DEALS

- ⦿ Baked chicken nuggets (3) and wedges + cup of milk and a flavoured straw
- ⦿ Homemade spaghetti bolognese + cup of milk and a flavoured straw
- ⦿ Baked crumbed boneless fish & wedges + cup of milk and a flavoured straw

Write your child's name, class and order on a plain paperbag. If you need a bag, add 20¢. Orders can also be lodged online at [www.flexischools.com.au](http://www.flexischools.com.au) (no credit is given)

Special menus are organised every term. See the Curtin Courier

Homemade birthday cupcakes are available for \$25 per class. Two days' notice needed. Payment can be sent via class basket.

To promote healthy choices our school follows the national healthy school canteens guidelines and the traffic light system to categorise foods.

- Foods are low in nutritional value
- ⦿ Foods have moderate nutrient value
- Foods are the best nutrient choices

(v) = vegetarian (gf) = gluten-free

\*Items not available over the counter

