



CLYDE PRIMARY CANTEEN MENU 2016



YUMMY TUMMY HOT FOOD

Lasagna 97% fat free	\$4.00	☺☺☺
Macaroni/Cheese 97% fat free	\$4.00	☺☺☺V
Hot Noodles Chicken or Beef	\$3.00	☺☺
Dim Sims Steamed	\$1.00	☺☺
Chicken crumbed tender	\$1.80	☺☺GF
Pizza Slab (Ham&Pine or Margherita)	\$4.20	☺☺
Hot Dog Lite	\$3.60	☺☺
Chicken Burger with Lettuce & Low Fat Mayonnaise	\$4.20	☺☺☺
Gluten Free Hot Dog (no roll)	\$3.00	☺☺☺GF
Beef Burger (Lite) with Lettuce & Sauce	\$4.20	☺☺☺

SUPER SANDWICHES, ROLLS & WRAPS

All sandwiches made from multigrain and white bread

	Sandwich	Roll or Wrap	
Vegetemite	\$2.10	\$2.70	☺☺☺ V
Cheese (Lite)	\$2.30	\$3.00	☺☺☺ V
Egg & Lettuce	\$2.80	\$3.20	☺☺☺ V
Ham (97% fat free)	\$3.00	\$3.70	☺☺
Ham (97% fat free) & Salad	\$4.00	\$4.70	☺☺☺
Tuna & Salad	\$4.00	\$4.70	☺☺☺
Roast Chicken	\$3.50	\$4.20	☺☺☺
Roast Chicken & Salad	\$4.00	\$4.70	☺☺☺
Salad (Lettuce,Cheese, Tomato, Beetroot, Carrot & Cucumber)	\$3.60	\$4.20	☺☺☺ V
JUMBO Chicken Wrap - 2 Chicken Tenders, Lettuce Lite Slice Cheese & Salsa		\$6.30	☺☺☺

HOT N TASTY JAFFLES

Baked Bean & Cheese	\$3.20	☺☺☺V
Spaghetti	\$2.80	☺☺☺V
Cheese (Lite)	\$2.80	☺☺☺V
Ham (97% Fat Free & Cheese)	\$3.70	☺☺☺

SALAD PACKS

Salad Box (Standard) Lettuce, Cucumber, Tomato, Cheese, Carrot, Beetroot, Egg and Avocado if available	\$6.30	☺☺☺ V GF
Salad Box (Deluxe)	\$7.00	☺☺☺
All Of The Above + Ham, Chicken or Tuna		

MRS MACS GOOD EATING RANGE

Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG
No Added Preservatives, or Artificial Colours

Beef Pie	\$4.00	☺☺
Sausage Roll	\$3.00	☺☺
100% Vegetable Pastie	\$4.00	☺☺
Tomato Sauce	\$0.30	☺☺

If your child has any food allergies please mark very clearly on lunch bag

EXTRAS

Lunch Bags	\$0.10
Salad Dressing	\$0.50

SNACKS

JJ'S Chicken Crackers	\$1.50	☺☺
Cobs Popcorn Sea Salt or Slightly Sweet	\$1.50	☺☺GF
Red Rock Chips Honey/Soy & Sea Salt	\$1.50	☺☺
Home Style Cookies	\$2.00	☺☺
Gingerbread	\$1.50	☺☺
Ovalteenies	\$1.20	☺☺
Yogurt Fruit Frogs (Limit 1 Bag)	\$1.00	☺☺
Red Licorice (Limit 1 Bag)	\$1.00	☺☺
Strawberry Snaps	\$0.50	☺☺

DRINKS

600ml Water	\$2.00	☺☺☺GF
250ml Milk (Low Fat)	\$2.50	☺☺☺GF
Chocolate, Strawberry		
100% Fruit Juice 250ml	\$2.50	☺☺☺GF
Aqua Fruits Flavoured Springwater	\$2.50	☺☺GF
Cola, Blue Heaven or Apple Raspberry		

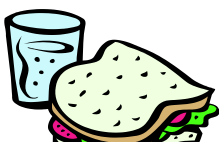
FROZEN FRUIT

Frozen Pineapple UFO's	\$0.60	☺☺☺GF
Frozen Orange Wedge	\$0.60	☺☺☺GF
Frozen Watermelon Wedge	\$0.60	☺☺☺GF

FROZEN TREATS AND SNACKS

Frozen 100% Juice Tubes	\$1.20	☺☺☺GF
Frozen Skim Milk Tubes	\$1.50	☺☺☺GF
Chocolate or Blue		
Frozen Yoghurt Tubs Strawberry	\$2.20	☺☺☺GF
Streets Paddle Pop	\$1.80	☺☺
Streets Choc Shake Cup	\$2.20	☺☺

Each item on menu has been categorised by Nutrition Australia as a guide to encourage healthy choices



OPEN THURSDAY ONLY

☺☺☺ Every Day Foods (eat most)

☺☺ Select Carefully foods (eat moderately)

V Denotes Vegetarian

GF Denotes Gluten Free