

TERM 3



WINTER 2017



*Tasty & Healthy  
Options...  
...In School*



## Sandwiches

### White or wholemeal bread

<b>Sandwich</b>	\$4.00
<b>Small Roll</b>	\$2.70

### Fillings

<b>Chicken</b>	<b>Carrot</b>	<b>Spinach</b>
<b>Ham</b>	<b>Cheese</b>	<b>Tomato</b>
<b>Egg</b>	<b>Cucumber</b>	<b>Tuna</b>
<b>Avocado</b>	<b>Lettuce</b>	<b>Vegemite</b>
<b>Capsicum</b>	<b>Onion</b>	

## Snacks

	Small	Large
Veggie Chips (GF)	\$1.00	
Potato Chips	\$1.00	\$2.00
Mamee Noodles	\$1.00	
Popcorn	\$1.00	
Jumpies	\$1.00	
JJ (GF)	\$1.00	
Cornitos (GF)	\$1.00	

## Drinks

	Small	Large
Juice Bottle ( <i>apple, orange or blackcurrant</i> )	\$2.60	\$3.30
Water		\$2.60
Carbonated Mineral Water		\$3.30
Milk ( <i>flavoured</i> )	\$2.60	\$3.30
Iced Tea		\$3.30
Fruit Box		\$1.60

(GF) *Gluten Free*

(V) *Vegetarian*

## Hot Foods

### Specials for Primaries

Chicken Nugget ( <i>max of 4</i> )	\$0.80 each
Sweetcorn (V)	\$1.00
Hot Dog	\$4.50
Snack Pie	\$2.50

### Hot Food

Pies ( <i>beef, chicken, potato, beef cheese &amp; bacon, spinach &amp; ricotta</i> )	\$4.00
Pasty ( <i>vegetarian available</i> )	\$4.00
Sausage Roll	\$3.50
Chicken Sausage Roll	\$4.00
Pizza ( <i>vegetarian available</i> )	\$4.00
Garlic Bread	\$1.00
Noodles ( <i>in heat proof container only &amp; not available for students in R-3</i> )	\$3.00

## Sweets & Treats

### Sweets

Finger Bun	\$2.50
Lolly Bag	\$0.50/\$1.00
Muffin	\$3.50
Fresh Fruit ( <i>seasonal</i> )	\$1.00
Yoghurt	\$2.50

## Salads

Caesar Salad	\$5.00
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## From the Freezer

Icy Bite ( <i>assorted flavours</i> )	\$0.50
Other Ice Blocks	\$0.50 - \$3.80



# Daily Menus

## Monday

**Chicken Burger** \$5.50

Made in our kitchen from all fresh ingredients

**Pasta Bolognese** \$5.50

Gluten free option by orders only

**Hash Browns (2)** (V) \$2.00

Two crispy baked hash browns

**Chicken Noodle** Cup \$3.50

Made in our kitchen from all fresh ingredients Bowl \$5.00

## Tuesday

**Stir Fry Noodles (Vegetarian or Chicken)** \$5.50

Gluten free option by orders only

**Spring Rolls x 3** (V) \$3.00

**Wedges** (V) \$3.00

Golden oven baked potato wedges with the option of sweet chilli sauce and sour cream topping

**Pumpkin or Cauliflower & Bacon Soup** (V) Cup \$3.00

Made in our kitchen from all fresh ingredients Bowl \$5.00

## Wednesday

**Pop Corn chicken** \$3.00

**Butter Chicken with rice** \$5.50

**Hash Brown (2)** (V) \$2.00

Two crispy baked hash browns

**Pea & Ham or Zucchini Soup** (V) Cup \$3.50

Made in our kitchen from all fresh ingredients Bowl \$5.00



## Thursday

**Yiros** \$5.50

Fluffy fresh pita bread filled with juicy lamb, ripe tomato, red onion, lettuce and tzatziki

**Mongolian Beef with rice** \$5.50

Sliced beef with mongolian sauce served with rice

**Wedges** (V) \$3.00

**Chicken Noodle Soup** Cup \$3.50 / Bowl \$5.00

Made in our kitchen from all fresh ingredients

## Friday

**Fish and Chips** \$5.50

**Chips** (V) \$3.00

**Hot Dog** \$4.50

**Soup** Cup \$3.50 / Bowl \$5.00



## Focaccias

*Fresh & baked Italian flat bread, filled with four of the following options. Can be toasted by our friendly canteen staff.*

**Chicken Caprese** \$5.00

Chicken, tomato, basil & mozzarella

**Vegetariana** (V) \$5.00

Sautéed eggplant, zucchini, capsicum, onion, plum tomatoes & rocket

**Baby Spinach BLT** \$5.00

Baby spinach leaves, freshly sliced tomatoes, crispy bacon & tasty cheese

**Chicken Aioli** \$5.00

Chicken, spinach, avocado & aioli

# THE SAC CANTEEN

## Things to Note

- Ice creams are not available at recess or after 1:30pm
- There is no credit given in the canteen but if a student has forgotten her lunch, she should see her teacher.
- Due to safety reasons, Canteen staff cannot re-heat or heat food brought from home.
- Hot water and liquid safety:
  - Hot water is not available directly from the Canteen.
  - Noodle containers will be filled with water in time for recess or lunch.
  - Milo or soup will only be served to students by adults.
- Students can pre-order noodles from the canteen. Also, if students want to bring their own noodles from home, they must leave the noodles at the canteen by 10:30am. You must write your name, Home Class and whether you want the noodles for recess or lunch.

We are constantly reviewing the menu, considering healthier options and student preferences. Therefore, the menu is subject to change.

[canteen@sac.sa.edu.au](mailto:canteen@sac.sa.edu.au)

## Service Times:

- 11:05am to 11:30am
- 1:00pm to 1:45pm

## Order Times:

- Primary student orders to be received by 9:00am
- Secondary student and staff orders to be received by 11:00am
- Own noodles for hot water by 10:30am



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