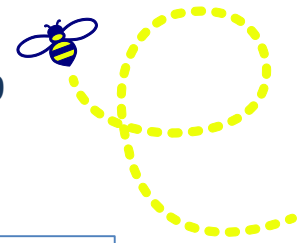


# Eastbourne Primary School

*Celebrates Success*

Canteen Menu – February 2019  
Open Mon, Tues, Thurs, Friday



### Made on the Premises

Nachos – Pita, Salsa, Cheese, Sour Cream	\$4.50 (G)
Cheese Burger w/ Cheese, Lettuce & Tomato Sauce	\$4.20 (A)
Chicken Burger w/ Lettuce, Cheese & Mayonnaise	\$4.20 (A)
Homemade BBQ Chicken Pizza	\$3.00 (A)
Homemade Hawaiian Pizza	\$3.00 (A)
Homemade Macaroni & Cheese	\$4.00 (A)

### Hot Food

Party Pie	\$1.10 each or 3 for \$3.00 (A)
Party Sausage Roll	\$1.10 each or 3 for \$3.00 (A)
Hot Dog	\$3.50 (R)
Chicken Nuggets	.70c each or 3 for \$2.00 (A)
Steamed Dim Sims	.70c each or 3 for \$2.00 (A)

### \*Toastie Meal Deal\*

Toasted Cheese Sandwich with a Muffin and Juice	\$5.50 (G)
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### \*Tuesday Special\*

Cocktail Frankfurt's	3 for \$2.00 (A)
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### Drinks

Orange, Apple or Apple Black Current Juice	\$1.80 (A)
Milo Cup	\$1.10 (G)
Plain Milk	\$1.00 (G)
Chocolate Milk	\$1.80 (G)
Strawberry Milk	\$1.80 (G)
Slushy	\$2.00 (A)

### Wraps and Rolls

Chicken & Salad	\$5.50 (G)
Ham & Salad	\$4.50 (G)

### Sandwiches

Chicken & Salad	\$5.50 (G)
Ham & Salad	\$4.50 (G)
Cheese	\$3.50 (G)

### Toasted Sandwiches

Ham, Cheese & Tomato	\$4.50 (G)
Ham, Cheese	\$4.30 (G)
Chicken, Cheese	\$4.50 (G)
Cheese	\$3.50 (G)
Spaghetti	\$3.50 (A)
Baked Beans	\$3.50 (G)

### Extras

Paper Bags	.10c
Tomato Sauce	.25c
Soy Sauce	.25c

### Allergen Advice

Muffins	Egg, Dairy, Gluten
Cookies	Egg, Dairy, Gluten
Banana Bread	Egg, Dairy, Gluten
Pies	Egg, Dairy, Gluten
Sausage Rolls	Dairy, Gluten, Sesame
Cheese Burger	Dairy, Egg, Gluten
Chicken Burger	Gluten, Dairy, Egg
Frozen Yoghurt	Dairy
Vanilla Cups	Dairy

### Snacks

Seasonal Fresh Fruit	\$1.00 (G)
Icy Poles	\$1.00 (G)
Frozen Yoghurt	\$1.50 (G)
Vanilla Ice-cream Cup	\$1.50 (A)
Homemade Jelly Cup	\$1.00 (G)
Dip With Carrot Sticks	\$1.00 (G)
Homemade Banana Bread	\$1.00 (G)
Mini Muffin	.50c (A)
Chocolate Chip Cookies	.80c (A)
Licorice	.15c (A)
Rice Crackers	.5c (A)
Pretzels	.5c (A)
Fresh Popcorn	\$1.30 (G)
Vege Chips	\$1.50 (G)
Frozen Fruit	.50c (G)
Boiled Egg	.50c (G)



### The Traffic Light System Explained

**Red** means high which indicates that the food is high in fat, sugar and salt. It is fine to have the food occasionally but try to keep an eye on how often you choose these foods, or try eating in small amounts.

**Amber** means that the food has a medium amount, so this is an okay choice most of the time, but you should try to go for the healthier option.

**Green** means the food is low in sugar, salt, fat and saturated fats and is the most healthy option ©