

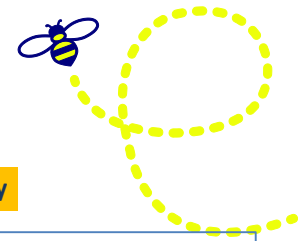
Eastbourne Primary School

Celebrates Success

Canteen Menu

Commencing Term 3 2019

Open: Monday, Wednesday, Thursday, Friday



Made on the Premises

Nachos – Pita, Salsa, Cheese, Lite 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)

New Items on the Menu

Baked Potato w/ Coleslaw, Lite Sour Cream, Cheese	\$4.00 (G)
Vegetable Frittata	\$3.50 (G)

Toastie Meal Deal

Toasted Cheese Sandwich with a Muffin and Juice	\$5.50 (G)
- Apple and Cinnamon Muffin	

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 (Grape, Raspberry, Grape)	\$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)

Extras

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

Removed Items

Dim Sims and Soy sauce
Frankfurt's

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
Vanilla Cups	Dairy

Snacks

Seasonal Fresh Fruit	\$1.00 (G)
Icy Poles	\$1.00 (G)
Paddle Pops (Rainbow/Banana)	\$1.50 (A)
Yoghurt bars (Mango or Strawberry)	\$1.60 (A)
Vanilla Ice-cream Cup	\$1.50 (A)
Homemade Jelly Cup	\$1.30 (A)
Dip With Carrot Sticks	\$1.00 (G)
Homemade Banana Bread	\$1.00 (G)
Mini Muffin (Choc Chip or Apple and Cinnamon)	.50c (A)
Chocolate Chip Cookies	.80c (A)
Licorice (Limit x10 per student)	.15c (R)
Rice Crackers (Limit x10 student)	.5c (R)
Pretzels (Limit x10 per student)	.5c (A)
Fresh Popcorn	\$1.30 (G)
Vege Chips	\$1.50 (R)
Frozen Fruit (Watermelon or Grapes)	.50c (G)
Boiled Egg	.50c (G)
Rice Wheels (Chicken or Cheese)	\$1.00 (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 ©