

Northfield Primary School Canteen Menu Term 4, 2018

Under the Right Bite strategy, food and drinks are classified into three categories according to their nutritional 'healthy eating' value. **GREEN**—eat plenty, **AMBER** - eat in moderation, **RED** - eat occasionally



Sandwiches and salads:

| | | |
|-------------|--------|--|
| . *Ham | \$4.00 | |
| . *Chicken | \$4.00 | |
| . *Egg | \$2.50 | |
| . *Tuna | \$4.00 | |
| . *Salad | \$4.00 | |
| . Cheese | \$3.10 | |
| . *Vegemite | \$2.50 | |

Add 30c for **toasted**

Add 60c for **rolls/wraps**

Extras:

| | | | |
|--|--------|--|----------------------------|
| . Lettuce, tomato, cheese, Cucumber, carrot | \$0.90 | | All options cost \$0.90 |
| . Egg | \$0.90 | | |
| . Ham, chicken, tuna, sauce, mustard, mayo | \$1.70 | | All options cost \$1.70 |
| | \$0.40 | | |

Hot Food:

| | | |
|------------------------|--------|--|
| . *Beef Burger | \$5.50 | |
| . *Fish Burger | \$5.50 | |
| . ^Veggie Burger | \$5.50 | |
| . *Tuna Bake | \$5.20 | |
| . *Spaghetti Bolognese | \$5.20 | |
| . ^Macaroni Cheese | \$5.20 | |
| . Hot Dog (plain) | \$3.80 | |
| . Sauce | \$0.40 | |
| . Cheese | \$0.90 | |
| . *Vegetarian Pasty | \$4.20 | |
| . *Hot Noodles - Beef | \$2.30 | |
| . *Chicken Sub | \$3.90 | |
| . ^Vegetarian Samosa | \$1.50 | |
| . ^Large Nachos | \$4.50 | |
| . ^Hash Brown | \$1.00 | |
| . Veg Curry | \$4.50 | |

**Lunch Orders must be in the Canteen
by 10.30am please.**

Drinks:

| | | |
|-----------------|--------|--|
| . Just Juice | \$2.20 | |
| . Hot Chocolate | \$1.60 | |

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Snacks:

| | | |
|-------------------------------|--------|---|
| . *JJ's | \$1.40 | ■ |
| . *Chips | \$1.40 | ■ |
| . *Cornitos | \$1.00 | ■ |
| . *Mini Muffins | \$0.30 | ■ |
| . Apricot/Coconut Balls | \$0.10 | ■ |
| . Fresh Fruit | \$1.00 | ■ |
| . Jelly | \$1.00 | ■ |
| . Mousse | \$1.00 | ■ |
| Ice blocks at various prices. | | ■ |



Northfield Favorites



| | | |
|------------------|--------|---|
| Stir Fry Noodles | \$5.00 | ■ |
| Fried Rice | \$5.00 | ■ |
| Homemade Pizza | \$3.50 | ■ |

Hot Noodles, Hot Chocolate and Slushies must be picked up at the Canteen.

Key:

* = Denotes Halal

^ = Denotes Halal and Vegetarian

■ = **Select carefully foods** (Right Bite strategy)

■ = **Best choice foods** (Right Bite strategy)



Meal Deals

- **Fish / Veg / Beef Burger & Up'n'Go \$6.80 ■**
- **Veg Pizza & Up'n'Go \$5.00 ■**
- **Small Nachos & Up'n'Go or Fruit Box \$5.20 ■**
- **Chicken Sub & Fruit Box \$5.50 ■**



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