### Tanilba Bay Public School Canteen Menu Winter, 2014

**SANDWICHES**
- Chicken Salad $3.00
- Chicken, Lettuce, Mayo $2.60
- Chicken or Ham $2.40
- Ham Salad $3.00
- Ham, Cheese, Tomato $2.80
- Ham and Tomato $2.60
- Ham and Cheese $2.60
- Salad $2.40
- Salad and Beetroot $2.60
- Egg $2.20
- Egg and Lettuce $2.30
- Cheese $1.70
- Vegemite $1.10

**Hot Food**
- Large Lean Beef Pie $2.50
- Lean Sausage Roll $2.00
- Lean Beef and potato Party Pie $1.80
- Cheese and Bacon Roll $1.50
- Stevo’s Skinny Dog $3.00 (low fat hot dog)
- Pizza $2.50 (Cheese & bacon or Hawaiian)
- Beef Lasagne $3.50
- Monster Mash $1.50 (mashed potato and gravy)
- Garlic Sub $1.30
- Chicken Dinosaurs (6) $2.50
- Chicken Nuggets $0.50
- Southern Style Chicken Bites $0.50
- Mini Spring Roll (each) $0.60
- Fish Pie (each) $0.70
- Potato Gems (10) $0.80
- Sauce $0.30 (tomato, BBQ or sweet and sour)

**HOT WRAPS $3.50**
- Knights Wrap
- Mega Marchant
- Wylie Whopper
- Sydney Swans Sensation Wrap

**SNACKS**
- Red Rock Chips $1.00
- Grainwaves $1.00
- Pretzels $1.00
- Hello Pandas $0.60
- Muffins (blueberry) $1.20
- Chocolate Mousse $0.60
- Fruit Jelly Cup $0.60

**DRINKS**
- 600ml Water $1.00
- 300ml Moove Milk $1.20 (choc, strawberry, banana)
- 300ml Plain Milk $1.20
- 200ml Popper $1.00 (apple, orange, blackcurrant)
- 50ml Frozen Juice Cup $0.60 (apple, orange, blackcurrant)
- Fruit Spring Water $1.50

**Staples:**
- Snacks purchased before school or with a lunch order

**Recommended Snacks:**
- Red Rock Chips
- Grainwaves
- Pretzels
- Hello Pandas
- Muffins (blueberry)
- Chocolate Mousse
- Fruit Jelly Cup

**Not Recommended Snacks:**
- Kettle Chips
- Fries
- Gummy Bears
- Jelly Beans
- Ice Cream

**Remember the 5 ways to a healthier lifestyle – Choose water as a drink!**

**SLIDERS – A delicious small sized burger option!**
- Chicken with lettuce and mayo
- Chicken with salad and mayo
- Beef and cheese with tomato sauce
- Beef and cheese with salad

**ALL SLIDERS $3.50**

**CRUNCH & SIP pack $1.50**
- Bottle of water and piece of fresh fruit purchased before school or with a lunch order

**Why not turn an Amber item into a healthy option by ordering a Green hot food pack?**

- Foods in the green boxes are a good source of nutrients. These foods contain less saturated fat and/or added sugar and/or salt. Food in the green boxes also helps to avoid an intake of excess kilojoules.
- Foods in the amber boxes should be selected carefully (1 per lunch order) as they have moderate levels of saturated fat and/or added sugar and/or salt and can, in large serve sizes, contribute excess kilojoules.

**SNACKS**
- Fruit Rocket $0.30
- Fruit salad tub $1.50
- Corn on the cob $0.80
- Piece of fresh fruit $0.70

(Fresh seasonal fruit includes apples, mandarins, bananas)

**SNACKS**
- Red Rock Chips $1.00
- Grainwaves $1.00
- Pretzels $1.00
- Hello Pandas $0.60
- Muffins (blueberry) $1.20
- Chocolate Mousse $0.60
- Fruit Jelly Cup $0.60

_Eat fewer snacks and select healthier alternatives – Have you checked out the delicious snacks in the green box?_