



ALDINGA BEACH B-7 SCHOOL 2017 CANTEEN MENU

OUR CANTEEN COMPLIES WITH THE SA GOVT 'HEALTHY EATING GUIDELINES' G – Green 'Everyday Foods' A – Amber, Sometimes Foods (3 serves per week, as per govt recommendations) Donations of Eggs and home grown fruit that are excess to your needs are always gratefully accepted. Orders MUST be in by 9.30am



Re-usable Lunch Bags only \$8.00 ea. While stocks last

NEW DAILY SPECIALS (only available on days specified)

Monday – G - Hot Spud with Bolognaise sauce	\$4.00
Tuesday –G – Spaghetti Bolognaise	\$4.00
Wednesday – A- Beef Slider with a serve of Wedges	\$4.50
Thursday – G -Sweet Chilli Chicken Tender + Salad Wrap	\$4.00
Friday – G* - Chicken Hawaiian Pizza with BBQ sauce	\$3.50

(G) BUILD YOUR OWN SANDWICH

1 FILLING - \$2.00
2 FILLINGS – \$2.50
3 FILLINGS – \$3.00 Extra Fillings –Add 50c ea

FILLINGS – Hot Crumbed Chicken Tender (wraps only), Chicken, Ham, Cheese, Tomato, Cucumber, Lettuce, Coleslaw, Beetroot, Grated Carrot, Onion Vegemite

SAUCES – ADD 30c – Tomato, Mayonnaise, BBQ Sauce, Sweet Chilli

ROLLS OR WRAPS – Add 50c

Salad Pack with 5 fillings \$4.00 

HOT FOODS (Big Lunch only) * Canteen made items

G* - Quiche with Garden Salad	\$4.50
G* - Ham & Pineapple Pizza	\$3.20
G – Hot Spud Salad, cheese & sour cream	\$5.00
G - Hot Spud Sweet chilli sauce, cheese & sour cream	\$4.00
G – Lasagne	\$4.20
G – Mac N' Cheese	\$4.20
G* - Hot Ham and Cheese Roll	\$3.00
A – 'Dingy Burger (beef, cheese, tom, lett, onion, sauce)	\$5.50
A- Chicken Burger with lettuce and Mayo	\$4.20
A – 6x Chicken Nuggets	\$3.20
A- Cup O Soup varieties with Bread	\$2.00
A- Balfours Better Bite Sausage Roll	\$3.00
A - Balfours Better Bite Junior (hexy) Pie	\$3.00
A – Balfours Better Bite Pie	\$4.00
A – Balfours Better Bite Pasty	\$4.00
G- Corn Cobettes	\$1.00

COOL STUFF

DRINKS

Flavoured Milk Choc or Straw,	\$2.10
Mountain Fresh Juice Varieties	\$2.10
Up N Go Varieties	\$2.10
Bottled Water 600ml	\$1.50
Fruit Slushy Varieties	\$2.00



ICEBLOCKS

Nice N Joosey	.60c
Fruit Cup	\$1.00
Mini Calippo/Joosies	\$1.00
Icy Twist	\$1.20
Paddle Pop Varieties from	\$1.70
Vanilla Dixie Cups	\$1.70
Shakey Shake	\$2.20

Range will vary depending on season and availability



MUNCHIES

Yoghurt Tubs	\$1.20
Mousse with Fruit	\$1.20
Gingerbread	\$1.50
Popcorn	\$1.40
Red rock Chips	\$1.20
Muffin or Fruit Loaf	\$1.20
Seasonal Fruit	.70c
Fruit Kebab Term 1 & 4 only	.80c
Hot Choc Term 2 & 3 only	\$1.20



Sauce 30c Extra

