ALDINGA BEACH B-7 SCHOOL CANTEEN MENU 2018

right bite for schools and preschools

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

DAILY SPECIALS

Monday – G – HOT SPUD with SALAD, or SWEET CHILLI or BOLOGNAISE both with sour cream and cheese	$5.00
Tuesday – G – QUICHE MUFFIN with garden salad	$4.00
Wednesday – G - SUPER SALAD SUB	$4.00
Thursday – G –Sweet Chilli Chicken+ Salad Wrap	$4.00
Friday – G - Chicken Hawaiian Pizza with BBQ sauce	$3.50

Re-usable Lunch Bags only $8.00 each

HOT FOODS (Big Lunch only)

G – Spaghetti and Meatballs	$4.30
G - Pizza - Ham & Pineapple	$3.20
G – Lasagne	$4.30
G – Mac N' Cheese	$4.30
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	$4.30
A – 6x Chicken Nuggets	$4.00
A - Balfours Better Bite Sausage Roll	$3.00
G - Corn Cobbettes	$1.00

BALFOURS

Sauce 30C Extra

COOL STUFF

DRINKS

A- Milk (Choc or Straw)	$2.20
A - Just Juice varieties	$1.80
G - Up N Go Varieties	$2.20
G - Bottled Water 600ml	$1.50
A - Fruit Slushy Varieties	$2.00

CALIPPO

ICEBLOCKS all Amber

Nice N Juicy	.60c
Fruit Cup	$1.00
Mini Calippo	$1.20
Joosies	$1.00
Icy Twist	$1.30

Range will vary depending on season and availability

(G) BUILD YOUR OWN WRAP OR ROLL

1 FILLING - $2.50

2 FILLINGS – $3.00

add 50c for each fillings after

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, Sweet Chilli

1 FILLING SANDWICH - $2.00

SALAD PACK with 5 fillings - $4.50

MUNCHIES

BIG M

Yoghurt Tubs	$1.20
Mousse with Fruit	$1.20
Gingerbread	$1.70
Popcorn	.80c
Red rock Chips	$1.20
Muffin or Fruit Loaf	$1.20
Seasonal Fruit	.80c