



# TAPPING PRIMARY SCHOOL

## TERM 4, 2016 & TERM 1, 2017 CANTEEN MENU



### \*\* DAILY MEAL DEAL \*\*

|  |  |   |  |   |
|--|--|---|--|---|
| <p><b><u>MONDAY</u></b></p> <p><b>\$5.50</b></p> <p>(A) ITALIAN MEATBALL SUB WITH CHEESE<br/>+<br/>APPLE SLINKY<br/>+<br/>MASTERS FLAVOURED MILK 250ML</p> | <p><b><u>TUESDAY</u></b></p> <p><b>\$5.50</b></p> <p>(G) CHICKEN STRIP SUB WITH CHEESE, LETTUCE &amp; MAYONNAISE<br/>+<br/>ANZAC COOKIE<br/>+<br/>(A) POPPER JUICE 250ML</p> | <p><b><u>WEDNESDAY</u></b></p> <p><b>\$5.50</b></p> <p>(A) 5 X DINOSAUR NUGGETS<br/>+<br/>LUNCHBOX LEGENDS<br/>+<br/>(G) BROWNS CHILL 250ML</p> | <p><b><u>THURSDAY</u></b></p> <p><b>\$5.50</b></p> <p>(A) HOT DOG WITH SAUCE<br/>+<br/>ANZAC COOKIE<br/>+<br/>(G) MASTERS FLAVOURED MILK 250ML</p> | <p><b><u>FRIDAY</u></b></p> <p><b>\$5.50</b></p> <p>(A) SAUSAGE ROLL WITH SAUCE<br/>+<br/>SULTANA BOX<br/>+<br/>(A) LOL CAN 250ML</p> |
|--|--|---|--|---|

### \*\*\* EVERYDAY ITEMS \*\*\*

### \* MON/WEDS/FRI \*

| <p><b><u>PASTA/RICE MEALS</u></b></p> <p>(G) Lasagne 200g \$3.50<br/>(G) Macaroni Cheese 200g \$3.50<br/>(G) **Peanut free** Satay Chicken &amp; Rice 200g \$3.50</p> <p><b><u>CHEESIES</u></b></p> <p>(G) Melted Cheese/Tomato Sauce on a Roll \$3.00<br/>(G) Melted Cheese/Vegemite on a long Roll \$3.00</p> <p><b><u>BURGERS</u></b></p> <p>(G) Flame Grilled Chicken Burger with Salad &amp; Mayonnaise \$5.00<br/>ADD Cheese .50<br/>(G) Hamburger Beef Pattie with Sauce &amp; Salad \$5.00<br/>ADD Cheese .50<br/>Chicken Strip Sub with Cheese, Lettuce &amp; Mayonnaise \$5.50</p> | <p><b><u>SANDWICHES &amp; WRAPS</u></b></p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;"><u>SAW</u></th> <th style="text-align: left;"><u>WRAP</u></th> </tr> </thead> <tbody> <tr><td>(G) Chicken &amp; Salad \$4.00</td><td>\$5.00</td></tr> <tr><td>(G) Ham &amp; Salad \$4.00</td><td>\$5.50</td></tr> <tr><td>(G) Egg (plain) \$3.50</td><td>\$5.00</td></tr> <tr><td>(G) Egg &amp; Salad \$4.00</td><td>\$5.50</td></tr> <tr><td>(G) Tuna &amp; Salad \$4.00</td><td>\$5.50</td></tr> <tr><td>(G) Cheese &amp; Salad \$4.00</td><td>\$5.50</td></tr> <tr><td>(G) Vegemite \$3.00</td><td>N/A</td></tr> </tbody> </table> <p><b><u>TOASTIES</u></b></p> <p>(G) Cheese (Reduced fat) \$3.50<br/>(G) Ham &amp; Cheese \$4.00<br/>(G) Chicken &amp; Cheese \$4.00<br/>(G) Ham, Cheese &amp; Pineapple \$4.50<br/>(G) Chicken, Cheese &amp; Pineapple \$4.50<br/>(G) Ham, Cheese &amp; Tomato \$4.50</p> | <u>SAW</u> | <u>WRAP</u> | (G) Chicken & Salad \$4.00 | \$5.00 | (G) Ham & Salad \$4.00 | \$5.50 | (G) Egg (plain) \$3.50 | \$5.00 | (G) Egg & Salad \$4.00 | \$5.50 | (G) Tuna & Salad \$4.00 | \$5.50 | (G) Cheese & Salad \$4.00 | \$5.50 | (G) Vegemite \$3.00 | N/A | <p><b><u>GREEK SALAD</u></b></p> <p>(G) Cucumber, Tomato, Olives, Red Onion, Capsicum, Feta Cheese &amp; Dressing \$5.50</p> <p><b><u>FINGER STICK SALAD</u></b></p> <p>(G) Carrot, Cucumber, Celery, Cherry, Tomatoes with Egg <u>OR</u> Cheese \$5.50</p> <p><b><u>SALAD PLATE</u></b></p> <p>(G) Chicken &amp; Salad \$5.50<br/>(G) Ham &amp; Salad \$5.50<br/>(G) Tuna &amp; Salad \$5.50<br/>(G) Egg <u>OR</u> Cheese &amp; Salad \$5.50</p> <p><b><u>EXTRAS</u></b></p> <p>(G) Tomato Sauce .30<br/>(G) Mayonnaise .30<br/>(G) Egg .80<br/>(G) Pineapple .30<br/>(G) Beetroot .30</p> | <p><b><u>PIES &amp; SAUSAGE ROLLS</u></b></p> <p>(A) Beef Cruiser Pie \$3.00<br/>(A) Beef/Cheese Cruiser Pie \$3.20<br/>(A) Potato Pie \$3.50<br/>(A) Snack Pie \$1.00<br/>(A) Sausage Roll \$3.00<br/>Tomato Sauce Portion .30c</p> <p style="text-align: center;"><b>***SUSHI***</b></p> <p style="text-align: center;"><b>***FRIDAY***</b></p> <p>(G) Teriyaki Chicken x 5 piece \$5.50<br/>(G) Katsu Chicken x 5 piece \$5.50<br/>(G) Tuna x 5 piece \$5.50</p> |
|--|---|------------|-------------|----------------------------|--------|------------------------|--------|------------------------|--------|------------------------|--------|-------------------------|--------|---------------------------|--------|---------------------|-----|---|---|
| <u>SAW</u>   | <u>WRAP</u>   |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Chicken & Salad \$4.00   | \$5.00  |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Ham & Salad \$4.00   | \$5.50  |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Egg (plain) \$3.50   | \$5.00  |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Egg & Salad \$4.00   | \$5.50  |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Tuna & Salad \$4.00  | \$5.50  |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Cheese & Salad \$4.00  | \$5.50  |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |
| (G) Vegemite \$3.00  | N/A   |            |             |                            |        |                        |        |                        |        |                        |        |                         |        |                           |        |                     |     |   |   |



# TAPPING PRIMARY SCHOOL

## TERM 4, 2016 & TERM 1, 2017 CANTEEN MENU

### PLEASE NOTE

\* Canteen Hours: 8.15am to 12.15pm Monday - Friday \* For all Canteen Enquiries please phone 9404 6033 \* Lunch orders can be placed either online or via the Classroom Esky \* If your child has allergies or is intolerant to certain foods please speak with the Canteen staff prior to ordering \* Please ensure Students correct NAME & CLASSROOM is clearly marked on lunch bag.  
 \* Please DO NOT Staple or Tape lunch bags closed \* Please use correct change if possible \* If lunches are not ordered in accordance with this menu, Staff will supply an alternative to the value of money in the Childs lunch bag.

### Government Food Codes

- (G) Green foods \* Can be eaten daily  
 (A) Amber foods \* Should not be eaten everyday  
 (R) Red foods \* Unhealthy food option - Not available on Menu

### SNACKS

|                              |        |
|------------------------------|--------|
| (G) Fresh Fruit in season    | \$1.00 |
| (G) Apple Slinky             | \$1.00 |
| (G) Yoghurt 175grams         | \$2.00 |
| (G) Yogo Chocolate 170grams  | \$2.00 |
| (G) Jelly Cup with Fruit     | \$1.00 |
| (G) Jelly Fruit with Yoghurt | \$1.50 |
| (A) Milo bar                 | \$1.50 |
| (A) Cheese & Crackers        | \$2.50 |
| (G) Popcorn                  | \$1.20 |
| (A) Anzac Cookies x 2        | .50    |
| (A) Sultana Box              | .80    |

#### Sip & Crunch Bags

|                       |        |
|-----------------------|--------|
| (G) Cherry Tomatoes   | \$1.00 |
| (G) Celery & Capsicum | \$1.00 |
| (G) Cucumber & Carrot | \$1.00 |

#### \*NEW PRODUCT\*

|                             |        |
|-----------------------------|--------|
| (A) Lunchbox Legends BBQ    | \$1.00 |
| (A) Lunchbox Legends Cheese | \$1.00 |

#### Piranha Snacks

|                    |        |
|--------------------|--------|
| (A) Salt & Vinegar | \$1.20 |
|--------------------|--------|

#### Mamee

|                          |        |
|--------------------------|--------|
| (A) Rice Sticks - Cheese | \$1.00 |
| (A) Rice Sticks - Veg    | \$1.00 |

### DRINKS

#### \*\*NEW PRODUCT\*\*

|                              |        |
|------------------------------|--------|
| (G) Up & Go Chocolate 250ml  | \$2.00 |
| (G) Up & Go Strawberry 250ml | \$2.00 |
| (G) Up & Go Caramel 250ml    | \$2.00 |
| (G) Up & Go Banana 250ml     | \$2.00 |

|                         |        |
|-------------------------|--------|
| (G) Bottled Water 600ml | \$1.00 |
|-------------------------|--------|

#### \*\*NEW PRODUCT\*\*

|   |        |
|---|--------|
| JUICE BOMB 99.9% REAL FRUIT JUICE<br>Cola Flavour 250ML | \$2.00 |
|---|--------|

#### MASTERS FLAVOURED MILK 250ml

|                |        |
|----------------|--------|
| (G) Chocolate  | \$2.00 |
| (G) Strawberry | \$2.00 |

#### Brownes Flavoured Milk 300mls

|                              |        |
|------------------------------|--------|
| (G) Chocolate Chill          | \$2.00 |
| (G) Strawberry Chill         | \$2.00 |
| (G) Banana Chill             | \$2.00 |
| (G) Brownes Plain Milk 225ml | \$1.50 |

#### LOL Cans 250ml

|               |        |
|---------------|--------|
| (A) RAZZ BRI  | \$2.00 |
| (A) TROPKL    | \$2.00 |
| (A) B CURRENT | \$2.00 |

#### Popper Juice 250ml

|                        |        |
|------------------------|--------|
| (A) Orange             | \$1.50 |
| (A) Apple              | \$1.50 |
| (A) Tropical           | \$1.50 |
| (A) Apple/Blackcurrant | \$1.50 |

### ICE CREAMS

#### \*\*NEW PRODUCT\*\*

|                           |        |
|---------------------------|--------|
| (A) Scooby Doo Bananarama | \$2.00 |
| (A) Scooby Doo Choc Milk  | \$2.00 |

|            |        |
|------------|--------|
| (A) SLUSHY | \$2.00 |
|------------|--------|

|                         |        |
|-------------------------|--------|
| (A) Ice cream Tub 100ml | \$1.00 |
| (A) Frozen Yoghurt      | \$2.00 |

#### Paddle Pops

|               |        |
|---------------|--------|
| (A) Chocolate | \$1.50 |
| (A) Rainbow   | \$1.50 |

#### Fandangles

|                   |        |
|-------------------|--------|
| (A) Choc Shmallow | \$1.50 |
| (A) Bubblegum     | \$1.50 |

#### Moosies

|                |        |
|----------------|--------|
| (A) Bubble-gum | \$1.20 |
| (A) Chocolate  | \$1.20 |
| (A) Strawberry | \$1.20 |
| (A) Banana     | \$1.20 |
| (A) Lime       | \$1.20 |
| (A) Jaffa      | \$1.20 |

#### Icepoles

|                              |     |
|------------------------------|-----|
| (A) Assorted Fruity Flavours | .50 |
|------------------------------|-----|