

## Healthy School Canteen Strategy Approved

## Ironbark Ridge PS Canteen Menu 2019

### BREAKFAST

#### Monday - Friday Daily

E Vegi & Cheese Packs	1.50
<b>E Fruit Packs</b>	<b>0.50</b>
E Weetbix Yoghurt Cup	1.00
<b>E Fruit Salad Cups</b>	<b>1.00</b>
E Custard Cup	1.00

### RECESS

<b>E Cheese Toasties MON</b>	<b>1.00</b>
E Pancakes TUES	0.50
<b>E Mini Pizza Muffins WED</b>	<b>1.00</b>
E Cheese & Crackers	0.50
<b>E Mini Salad Boat</b>	<b>2.00</b>

### DRINKS

<b>E Bottle Water 350ml</b>	<b>1.00</b>
E Bottle Water 600ml	2.00
<b>E Juice Poppers</b>	<b>2.00</b>
E Apple / Orange / A.B.C	
<b>E Milo</b>	<b>3.00</b>
E Fresh Milk Choc - Strawberry	2.50
<b>E Milkshakes</b>	<b>3.00</b>
E Smoothies	3.50

### SNACKS

<b>O Smith , Grain Waves</b>	<b>2.00</b>
<b>O Monster Noodles</b> Chicken / BBQ	<b>1.00</b>
<b>O Rice Sticks</b> Cheese / Veggie	<b>1.00</b>
E Rice Crackers	1.00
<b>E Messy Monkeys</b>	<b>1.00</b>
E Fresh Air Popped Popcorn	1.00

### HOT FOOD

E Sweet Corn on a Cob	1.20
<b>E Chicken &amp; Corn Roll</b>	<b>3.00</b>
<b>O Chicken Nuggets</b> 4 FOR	<b>3.00</b>
<b>O Hot Dogs</b> Sauce or Mustard	<b>3.50</b>
O Sausage Roll Lite	4.00
<b>O Traveller Pies</b> Meat	<b>4.00</b>
O Spinach & Ricotta Roll Lite	4.00

### PIZZA'S MADE DAILY 6"Round

<b>E Cheese</b>	<b>5.00</b>
E Ham & Cheese	5.00
<b>E Ham &amp; Pineapple</b>	<b>5.00</b>
E Meat Lovers	5.00
<b>E BBQ Chicken</b>	<b>5.00</b>

### PASTA'S

E	
<b>E Butter Chicken GF</b>	<b>6.00</b>
E Mac & Cheese	5.00
<b>E Nacho Dippers</b>	<b>6.00</b>

### SUSHI

<b>E Combi Box</b> Tuna,Carrot,Cucumber	<b>5.50</b>
<b>E Tuna or T.Chicken Box</b> With Avocado or Cucumber or Plain	<b>5.50</b>
<b>E Sushi Roll Tuna or T.Chicken</b> With Avocado or Cucumber or Plain	<b>4.50</b>

### FROZEN ICE SNACKS

<b>O Choc Monys</b>	<b>1.00</b>
<b>E Fruit Juices</b>	<b>1.00</b>
E Fruit Cups Orange/Apple	1.00
<b>Quelch</b> Tropical/P.apple/Orange	<b>0.50</b>

### SANDWICHES / Wraps on Wholemeal

E Honey / Jam / Vegemite	2.50
<b>E Cheese</b>	<b>2.50</b>
E Baked Beans / Spaghetti	2.50
<b>E Egg</b>	<b>2.50</b>
E Egg - Lettuce - Mayo	3.00
<b>E Ham</b>	<b>2.50</b>
E Ham - Cheese - Tomato	3.50
<b>E Chicken</b>	<b>4.50</b>
E Chicken & Lettuce Mayo	5.00
<b>E Salad</b>	<b>4.50</b>

### SALAD TUBS

<b>E Plain Salad</b>	<b>4.00</b>
E Egg Salad	4.50
<b>Lettuce-Carrot-Tomato-Cucumber</b>	<b>6.00</b>
<b>E Chicken Caesar Salad</b>	<b>6.00</b>
Lettuce- Ham -Cheese-Chicken & Lite Caesar Dressing	

### BURGERS

E Chicken Breast Fillet -Lettuce - M	5.00
<b>E Chicken</b> All Salad	<b>6.00</b>
E Cheeseburger Beef - Sauce	5.00
<b>E Cheeseburger</b> All Salad	<b>6.00</b>
<b>E Fish Burger</b> Fillet Fish, Lettuce,Mayo	<b>5.00</b>
<b>E Fish Burger</b> Salad	<b>6.00</b>

**Lunch Orders MUST be done on FLEXI - SCHOOL Before 9.00 am**



**E = EVERY DAY ITEMS**

**O = OCCASIONAL ITEMS**