

St Mary's Primary School
CANTEEN MENU
OPEN MONDAY & FRIDAY

RED - Occasional foods high in fat, salt or sugar STOP foods will be served 1-2 times a term & will be advertised.

AMBER - Portion size needs to be controlled CAUTION foods have a moderate amount of fat, sugar, or salt.

GREEN - Choose these foods freely. GO foods are low in fat, salt & sugar.

SANDWICHES & WRAPS

GREEN

Salad Wrap	\$3.50
Lettuce, tomato cucumber, carrot & beetroot	
Ham & Salad Wrap	\$3.80
Shredded Chicken & Salad Wrap	\$3.80
Add Cheese to any wrap	.10c

AMBER

Toasted Cheese Sandwich	\$1.80
Toasted Ham/Chicken Sandwich	\$2.00
Add Cheese	.10c
Add Tomato	.10c
Toasted Baked Beans Sandwich	\$2.00

TREATS

GREEN

Frozen Quelch Fruit Sticks	.60c
Half Stick	.30c

AMBER

Jelly	.50c
Strawberry/Apple and Blackcurrant	
Frozen Yoghurt Strawberry/Mango	\$1.60
Paddle Pops	\$1.50
Chocolate, Rainbow	
Vanilla Ice Cream Cup	\$1.00
Icy Twist (lemonade icy pole)	\$1.00
Mini Calippo	\$1.00
Moosie	\$1.00

COLD DRINKS

GREEN

Water	\$1.00
School Milk	\$1.50
Chocolate, Strawberry & Banana	

AMBER

Poppers	\$1.20
Apple, Orange & Apple & Blackcurrant	

HOT FOOD

GREEN

Lasagne	\$2.50
Mac and Cheese	\$2.50
Beef Burger	\$4.00
Beef patty, lettuce, tomato, beetroot, cheese & bbq sauce	

AMBER

Mini Meat Pies	\$1.00
(limit 3 per order) Each	
Ham & Pineapple Pizza	\$2.80
Chicken Burger	\$3.70
Chicken Patty, Lettuce & Mayo	
7 Chicken Fingers & Salad Box	\$3.70
Tub of Sauce	.30c
Chicken Finger Wrap	\$3.80
Chicken fingers, lettuce, tomato, beetroot, cucumber, carrot & mayo	
Warm Milo	\$1.20