

ST. ANTHONY'S CANTEEN PRICE LIST

Menu 2023

"TRAFFIC LIGHT" FOOD SYSTEM



Every day or every meal



Sometimes Only – Once a Week at most



Not Served at our School

SANDWICHES		FROZEN TREATS	
Bread White, Multigrain			
Salad (Tomato, Spinach, Carrot, Cucumber & Beetroot)	\$4.00	Yoghurt on a stick Strawberry, Blackberries, Raspberry	\$1.00
Mayonnaise - no extra charge	-	Mango Nectar on Stick, Grape	50c
Salad & Egg	\$4.50	Nippy's Milks 250ml Chocolate, Strawberry	\$2.00
Salad & Tasty Cheese	\$4.50		
Salad & shaved ham/ turkey/ lean roast beef	\$4.50	Crushed pineapple on a stick	\$1.00
Ham	\$3.00		
Ham & tasty cheese	\$3.50	HOT FOOD	
Ham, tasty cheese and tomato	\$4.00	Corn on the Cob (2)	\$1.00
Egg	\$3.00	Vegetable Lasagne	\$4.00
Egg & spinach	\$3.50	Spaghetti Bolognese	\$4.00
		Potato Bake with bacon	\$4.00
Plate of Salad	\$7.00	Macaroni & Cheese	\$4.00
All meats, light cottage cheese, boiled eggs	\$7.00		
		CANTEEN SUPERVISOR:	
		Eileen Graham	
Remind your child to put their lunch order in the canteen tub, located in their classroom, by 9.00am		Phone No. 9546 8118	

To order your child/ren's lunch: Write child's name, class & order on a clean paper bag.

Please ensure money is put in bag and folded to secure.

If there is not enough money with your child's order, one item will not be provided. **Please order by 9.30am.**

Healthy Kids Eating Plan

Bread, Cereals, Rice, Pasta & Noodles – 5-6 serves per day. **Vegetables** – 4-5 serves per day.

Fruit – 2-3 serves per day. **Milk, Yoghurt, Cheese (Dairy Group)** – 2-4 serves per day.

Meat, Fish, Poultry, Beans, Eggs, Nuts – 1-2 serves per day

CANTEEN'S OPEN WEDNESDAY & FRIDAY unless otherwise advertised in school newsletter.