

# ST. ANTHONY'S CANTEEN PRICE LIST

## Menu 2024

### "TRAFFIC LIGHT" FOOD SYSTEM



Every day or every meal



Sometimes Only – Once a Week at most



Not Served at our School

SANDWICHES		FROZEN TREATS	
<b>Bread</b> White, Multigrain			
Cheese Sandwich	\$3.00	Yoghurt on a Stick Strawberry, Blackberries, Raspberry	\$1.30
Salad Sandwich (Tomato, Spinach, Carrot, Cucumber & Beetroot)	\$4.60	Mango Nectar and Grape Icy Pole	\$1.00
Salad & Egg Sandwich	\$5.20	Nippy's Milks 250ml Chocolate, Strawberry	\$2.50
Salad & Tasty Cheese Sandwich	\$5.20	Crushed Pineapple on a Stick	\$1.20
Salad & Shaved Ham/ Turkey/ Lean Roast Beef Sandwich	\$5.20		
Ham Sandwich	\$3.50		
Ham & Tasty Cheese Sandwich	\$4.00		
Ham, Tasty Cheese and Tomato Sandwich	\$4.60	<b>HOT FOOD</b>	
Egg Sandwich	\$3.50	Corn on the Cob	\$1.10
Egg & Spinach Sandwich	\$4.00	Vegetable Lasagne	\$5.00
Mayonnaise - no extra charge	-	Spaghetti Bolognese	\$5.00
		Potato Bake with Bacon	\$5.00
<b>PLATE OF SALAD</b>		Macaroni & Cheese	\$5.00
(All meats, Tasty Cheese, Boiled Eggs)	\$8.00		
		<b>CANTEEN SUPERVISOR:</b>	
		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/children'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.**