

Please be advised that "The Tucker Box" will only open when there is a minimum of 2 team members available.

Should for any reason the canteen be unable to open a note will be sent home with students.

Should there be a day that only one team member arrives the canteen will be closed at lunch time, however the lunch orders put in that morning will be processed. The canteen will also be closed at recess.

Please consider volunteering as a canteen team member. We are **always** looking for someone to do a day or be on our on-call roster.

If you can help, or would like further information please contact the school on 49 304210 or speak to Michelle Robards at the school canteen.



Michelle Robards
Canteen Supervisor
Phone: 4930 4210

In accordance with the NSW Healthy School Canteen Strategy the menu has been reviewed and updated to provide a Healthy and Nutritious Canteen Food Service consistent with the Australian Dietary Guidelines for Children and Adolescents. This Action has been undertaken to meet the requirements of the NSW Government Action Plan for the prevention of Obesity in Children and Young People 2003-2007.



Abermain Public School P&C

School Canteen Open

9am-9:15am for lunch orders only

Lunch—11:30am-12 midday

Recess— 2:00pm—2:25pm

**Price List
Term 1, 2018**

BREAKFAST

8.45am - 9am

Toast

Vegemite1 slice....	\$0.50
Fruit	\$0.50
2 Pikelets	\$0.20

SANDWICHES

(wholemeal)

Vegemite	\$1.50
Lite Cheese	\$1.60
Lite Cheese & Tomato	\$2.00
Egg	\$2.50
Egg & Lettuce	\$2.80
Tomato	\$1.80
Chicken/Ham/Tuna	\$2.50
Salad	\$3.50
Chicken/Ham/Tuna with salad	\$3.80
Salad includes- Lettuce Pineapple, Tomato, Carrot Lite Cheese, Beetroot Cucumber & Mayo	
Roll or Wrap add an extra 50c to the price	

SALAD BOXES

As Above salad list	
Egg Salad	\$4.00
Garden Salad	\$3.50
Ham / Chicken / Tuna Salad	\$4.00

HOT FOOD

Large Lite Pies	\$2.60
Lite Party Pies	\$1.60
Lite Sausage Rolls	\$2.00
Chicken Wedges (each)	\$0.60
Chicken Dino's (each)	\$0.40
Chicken Pops (15)	\$2.50
Chicken Burger - with Lettuce & Mayo	\$3.00
Ham & Pineapple Pizza	\$2.00
Cheese & Bacon Pizza	\$2.00
15 Chicken Pops	\$2.50
Nachos	\$3.00
Lasagne	\$3.00
Spaghetti Bolognaise	\$3.00
Macaroni Cheese	\$3.00
Corn Cob	\$0.50
Garlic Bread	\$0.50
Fried Rice	\$3.00
Honey Soy Chicken	\$3.00
Grilled Chicken Burger with Lettuce & Mayo	\$3.50
Vegie Burger with Lettuce & Mayo	\$3.00
Hamburger with tomato, Lettuce, Cheese & Sauce	\$3.00
Tomato Sauce	\$0.30
BBQ Sauce	\$0.30
Sweet & Sour Sauce	\$0.30
<u>FRUIT</u>	
Fresh Fruit	\$0.50
Fruit Cups (seasonal)	\$0.50
Fruit Salad Bowls	\$1.00

DRINKS

Chillj	\$1.50
300mls flavoured milk	\$1.50
Poppers	\$1.00
350mls water	\$0.50
600mls water	\$1.00
Slushies	\$2.00

ICE BLOCKS

Moosies	\$1.00
Ice Cream Cups	\$1.00
Flat Juicies	\$0.50
Tube Juicies	\$1.00
Yoghurt	\$1.00
Ice Mony	\$0.50

SNACKS

Muffins -	
Lite Choc Chip	\$1.50
Finger Buns	\$1.50
2 Pikelets	\$0.20
Chips	\$1.00
Popcorn	\$0.20
Small Lunch/ Recess Bag	\$8.00

Food items with "GREEN" writing
are highly recommended

Food items with "ORANGE" foods
are suggested as a sometimes food