



Ss. Peter and Pauls Primary School Goulburn

Healthy Eating Canteen Menu

BAKEHOUSE FOOD	PRICE
Lite Party Pies	\$1.40
Chicken Nugget (Single)	\$0.50
Garlic Bread	\$1.50
Lite Sausage Roll	\$2.90
Mini Spinach & Cheese Quiche (Terms 1 & 4 only)	\$2.00
Mexican Beef Tortilla (Terms 2 & 3 only)	\$3.00
Toasted Hawaiian Pizza Wrap	\$3.60
Toasted Ham & Cheese Wrap	\$3.40
Minestrone Soup & Damper (Terms 2&3 only)	\$4.00
Mini Chicken Burger	\$3.00
Chilli or Teriyaki Chicken Crunch Salad Box (Terms 1 & 4 only)	\$4.50
Ham or Chicken Salad Box	\$4.50

SANDWICHES(WHOLEMEAL, WHITE OR MULTIGRAIN)	PRICE
Vegemite	\$1.20
Cheese	\$1.70
Egg & Lettuce	\$2.50
Chicken	\$2.50
Cheese and Tomato	\$2.00
Ham	\$1.70
Chicken, Lettuce and Mayo	\$2.90
Salad Sandwich/Wrap/Roll	\$3.50
Chicken or Ham & Salad Sandwich/Wrap/Roll	\$4.00

TOASTED SANDWICHES	PRICE
Cheese or Ham	\$1.90
Cheese & Tomato	\$2.20
Cheese & Pineapple	\$2.20
Ham & Cheese	\$2.20
Ham & Cheese & Tomato	\$2.40

DRINKS	PRICE
Water	\$1.20
Sparkling Springwater Lemonade	\$1.90
Oak Milk 375ml Chocolate or Strawberry	\$2.40
100% Juicy Orange Juice	\$1.80
Fruit Box Apple or Orange	\$1.20
Warm Milo (Pick up only)(Terms 2 & 3 only)	\$1.00
Plain Milk & a variety of Sipaah Straws	\$1.80

SNACKS	PRICE
Chips Honey Soy or Sea Salt	\$1.50
Teddy Bear Banana Bread (Butter) (Lunch orders only)	\$1.50
Choc Chip Cookie	\$1.00
Apple Slinky	\$0.80
Popcorn	\$0.20
Yoghurt Frogs	\$0.20

ICE CREAMS	PRICE
Mony Bags	\$0.80
Frozen Jelly Sticks	\$0.25
Calipo Tubes	\$1.20
Icy Twists	\$1.30
Paddle Pops, Chocolate or Rainbow	\$1.80
Moosie (Variety)	\$1.20

EXTRAS	PRICE
Tomato or Sweet & Sour Sauce	\$0.20
Lunch Bags	\$0.10

Please Note

- Turn over for ingredients. Some options are by seasons only
 - Exact money is preferred
 - Siblings bagged together is appreciated
 - Brown bag purchases 10c. Thank you



Chicken Burger

1 Chicken Tenderloin
1 Hot Dog Roll
Shredded Lettuce
Light Mayo

Salad Wrap Or Sandwich

Lettuce
Tomato
Cucumber
Grated carrot /cheese light
Parsley
Lebanese bread
Light Mayo

Sweet Chili or Teriyaki crunch chicken salad box

TERMS 1&3 ONLY

Chicken Pieces
Lettuce
cucumber
carrot
baby spinach
Crunchy noodles
Dressing
Light tasty cheese
Capsicum

Mexican Beef Tortilla

TERMS 2&3 ONLY

Beef Mince
Mexican spices
Chicken stock
onion
Capsicum
Garlic
Multi grain Tortilla
Light tasty cheese
Baby Spinach
Parsley
Tomato paste / Kidney Beans
Lettuce

Vegetable Minestrone soup

TERMS 2&3 ONLY

Carrot
Garlic
Zucchini
Onion/ spring onion
Chicken stock / pepper
Celery
Baby Spinach
Pasta gluten free
Passata/ tomato paste
Kidney beans / Tinned tomato

Hawaiian Pizza Wrap

Tinned Pineapple
Light tasty cheese
Baby Spinach / parsley
Capsicum/ pizza sauce
Whole meal wrap Toasted
Light Ham

Spinach & Cheese Quiches

Light tasty cheese TERMS 1&3 ONLY
Baby Spinach
Capsicum/ onion
Eggs
Chicken stock
Light cream and milk
Multi grain buttered bread

Teddy Bear Banana Bread

Honey/ cinnamon/nutmeg
Sr Flour/ bi carb/ baking powder
Banana's/ milk / eggs
sugar/ Butter portion Optional

Please note : any ingredient concerns

Please contact Di Bennett