



RIVERSIDE PRIMARY SCHOOLS

# CANTEEN MENU

SUMMER Term 4 2017 / Term 1 2018

**NOW OPEN  
EVERY DAY!!!!**

## DAILY MEAL DEALS

### MONDAY

<b>G</b>	Cheeseburger with Lettuce & Sauce Plus Juice Box & Fruity Icy Pole	\$6.00
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### TUESDAY

<b>A</b>	Taco with Cheese Plus Juice Box & Fruity Icy Pole	\$6.00
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### WEDNESDAY

<b>G</b>	Salad Plate with Meat (Chicken, Ham or Tuna) Plus Juice Box & Fruity Icy Pole	\$6.00
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### THURSDAY

<b>A</b>	Giant Sausage Roll or Meat Pie Plus Juice Box & Fruity Icy Pole	\$6.00
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### FRIDAY

<b>A</b>	4 Nuggets & Potato Gems Plus Juice Box & Fruity Icy Pole	\$6.00
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## DRINKS

<b>G</b>	Water	\$2.00
<b>G</b>	Plain Milk	\$1.50
<b>G</b>	Small Brownes Chill 300ml (Choc, Choc Mint, Banana, Berry)	\$2.10
<b>A</b>	Water in a Box	\$2.00
<b>A</b>	Milo (Tetra Pack)	\$2.00
<b>A</b>	Juices (assorted)	\$2.00
<b>A</b>	Up & Go (Choc, Vanilla)	\$2.10
<b>A</b>	Chill J 250ml Bottle (Lunchtime Only)	\$2.10
<b>A</b>	Parents Brownes Chill 600ml (Iced & Percolated Coffees)	\$4.00

## DAILY ITEMS

<b>G</b>	Fruit Salad	\$2.50
<b>G</b>	Vegie Stick Pack	\$1.00
<b>G</b>	Yoghurt	\$2.20
<b>G</b>	Yogo	\$2.20
<b>A</b>	Jelly	\$1.00
<b>A</b>	Jelly & Custard	\$1.50
<b>G</b>	Fruit	\$1.00
<b>G</b>	Popcorn	\$0.20
<b>A</b>	Cookies (when available)	\$0.30
<b>A</b>	Vegie Chips / Rice Sticks	\$1.00
<b>G</b>	Pikelets (2) (when available)	\$1.50
<b>A</b>	Muffins (when available)	\$2.00
<b>A</b>	Half Hotdog (Recess Only)	\$2.00
<b>G</b>	Pizza (Recess Only)	\$2.00
<b>G</b>	Cheesie (Recess Only)	\$1.50
<b>A</b>	Chicken Strips (3) (Recess Only)	\$1.50
<b>A</b>	Mini Pies (Recess Only)	\$0.50
<b>A</b>	Hash Browns (Recess Only)	\$0.50

IF YOU WISH TO DONATE YOUR SPARE CHANGE TO COVER THE COST OF THE LUNCH BAG IT WOULD BE WELCOME.

## TRAFFIC LIGHT SYSTEM

Our school adheres to the Traffic Light System introduced by the Government in 2006. This policy places foods into categories based on a Traffic Light. Our menu must comply and consist of a minimum of 60% Green which are those foods considered to be a healthy option.

**G - Green** must predominantly fill the menu.

**A - Amber** must consist of carefully selected items and sales are to be limited.

**R - Red** Food & Drink considered to fit into this category are not allowed onto our menu.

If you select foods with the 'G' before them you know you are making a healthy choice.

# LUNCHES

SANDWICHES & ROLLS		S/W	ROLL
G	Vegemite	\$2.00	\$3.00
G	Cheese	\$2.50	\$3.00
G	Salad	\$3.00	\$4.00
A	Ham	\$3.00	\$4.00
A	Chicken	\$3.00	\$4.00
G	Tuna	\$3.00	\$4.00
G	Egg (Curried or Plain)	\$3.00	\$4.00
G	Ham & Salad	\$4.00	\$5.00
G	Chicken & Salad	\$4.00	\$5.00
G	Tuna & Salad	\$4.00	\$5.00
G	Egg & Salad	\$4.00	\$5.00
G	Cheese & Salad	\$3.80	\$4.80

## TOASTED SANDWICHES

G	Cheese	\$3.50
A	Ham	\$3.50
A	Chicken	\$3.50
G	Cheese & Vegemite	\$3.80
G	Cheese & Tomato	\$4.00
G	Ham & Cheese	\$4.00
G	Chicken & Cheese	\$4.00
G	Tuna & Cheese	\$4.00
G	Ham, Cheese & Tomato	\$4.50
G	Chicken, Cheese & Tomato	\$4.50
G	Ham, Cheese & Pineapple	\$4.50
G	Chicken, Cheese & Mayo	\$4.50

### \*\*\*EXTRAS\*\*\*

G	Mayo, Tomato, Beetroot or Pineapple	\$0.50
G	Lettuce, Carrot or Cucumber	\$0.40
G	Cheese	\$0.80
A	Sauce	\$0.30

[www.riversidepandc.tidyhq.com.au](http://www.riversidepandc.tidyhq.com.au)  
[riversidepandc@yahoo.com.au](mailto:riversidepandc@yahoo.com.au)  
 Canteen Ph: 0459 565 827

## OTHER LUNCH ITEMS

G	Salad Bowl (Garden Salad & Egg)	\$6.00
	Add Ham, Chicken or Tuna for an extra	\$1.00
G	Chicken Chilli Wrap	\$6.00
A	Hot Chicken or Ham Roll	1/2 \$2.00 \$4.00
A	Hot Chicken & Mayo Roll	1/2 \$2.50 \$5.00
G	Lasagne	\$4.50
G	Macaroni Cheese	\$4.50
G	Fried Rice	\$4.50

\*\*\*FOR EXTRAS SEE BOTTOM LEFT\*\*\*

## OTHER WEEKLY ITEMS

### Monday

G	Chicken Burger with Salad (Salad incl. lettuce, cucumber, tomato & carrot)	\$5.50
A	Hotdog with Sauce	\$4.00

### Tuesday

	Pie	\$3.50
A	Sausage Roll	\$3.00
	Party Pie	\$1.00

### Wednesday & Friday

A	McCain Cheese & Bacon Pizza	\$3.00
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## SWEET TREATS (LUNCHTIME ONLY)

A	Quelch Juice Sticks	1/2 50c	\$1.00
A	Paddle Pops (Rainbow, Chocolate)		\$1.50
A	Paddle Pop Icy Twist		\$1.00
A	Paddle Pop Bionic		\$1.50
G	Mini Vanilla Ice-cream tubs		\$1.00
A	Shaky Shake		\$2.00
A	Mini Calypo		\$1.00

## HOW TO ORDER

Please complete a complimentary lunch bag for any HOT RECESS items and all other lunch orders, then submit to the Canteen from 8.30am. PLEASE DO NOT staple or sticky tape your lunch bags. The success of our canteen relies heavily on the support of volunteers. If you can help please come and see me so that your name can be added to the roster.

Your Canteen Manager, Trudy Cates