



Sandy Beach Cafe

Term 3 Canteen Menu 2016



Our school takes pride in offering healthy canteen menu options informed by the NSW Healthy School Canteen Strategy and Fresh Tastes @ School Policy. For more information go to: https://www.det.nsw.edu.au/policies/student_serv/student_health/canteen_gu/CMPlanner.pdf



Red "Occasionally" Foods: We do not sell these more than twice in one term.
Amber "Select Carefully" Foods: We do not let these foods dominate the menu and we avoid large sizes.
Green Foods: Fill the menu!

International Food Day Term 3 – AUG 17
 "Celebrating Rio De Janeiro". Order forms will be sent home beforehand & are due back by August 11.

Daily Menu Items

Sandwiches/Rolls and Wraps:

Add 50c for rolls/wraps, or extras: pineapple, cheese, tomato, carrot, beetroot, cucumber and/or lettuce.

Salad (With: Ham, Chicken or Tuna)	\$5.00
Ham, Salad or Tuna	\$4.00
Salad Mini Wrap	\$4.00
Cheese and Tomato (With: Ham or Chicken)	\$4.00
Cheese and Tomato	\$3.00
Egg and Lettuce	\$3.00
Cheese	\$2.50
Toasted Sandwiches:	
Ham/Chicken and Cheese and Tomato	\$4.50
Ham or Chicken	\$4.00
Cheese and Tomato	\$3.50
Cheese	\$3.00



Snacks:

Hommus & Vege-Stick Cup	\$2.00
Berry Yoghurt Cup	\$2.00
Seasonal Fruit	\$1.00
Veggie Bag	\$1.00
Home-made Pizza Muffin	\$1.00
Pasta Cups	\$1.00
Garlic Bread	\$1.00
Corn On The Cob	\$1.00
Mousse Cups	\$1.00
Popcorn	50c
Vegemite/Cheese Scrolls	50c
Mini Muffins	40c
Pikelets	30c
Vegemite Crackers	5c

Drinks:

Iced Strawberry	\$2.00
Iced Chocolate	\$2.00
Iced Honeycomb	\$2.00
Spring Water	\$2.00
Flavoured Milk (Choc, Strawberry, Banana)	\$1.50
Up & Go (Choc/Vanilla)	\$2.00
99% Juice Popper (Tropical, Orange, Apple/Blackcurrant)	\$2.00

Frozen Treats:

Frozen Yogurt	\$2.00
Vanilla Ice Cream Tub	\$1.50
Paddle Pops	\$1.50
Icy Twists	\$1.00
Calippos	\$1.00
Orange & Mango Cup	50c
Blackcurrant Cup	50c

Select Carefully Menu Items / Daily Specials

Monday		Tuesday		Wednesday		Thursday		Friday
Lasagne	\$5.00	Ham/Cheese Toastie	\$4.50	Lasagne	\$5.00	Backstreet Bakehouse Pie	\$4.70	\$6 Meal Deal Day: Mrs Macs Pie, Fresh Fruit & Choice of Milk/Juice/Water or Pasta Bowl, Fresh Fruit & Choice of Milk/Juice/Water or Spaghetti Bolognese, Fruit & Choice of Milk/Juice/Water or Chicken Bundle, Corn/Fruit & Choice of Milk/Juice/Water or Fried Rice, Fruit & Choice of Milk/Juice/Water
Mini Salad Wrap	\$4.00	Mrs Macs Potato Pie	\$3.80	Ham/Cheese/Tomato Toastie	\$4.50	Mini Salad Wrap	\$4.00	
Backstreet Bakehouse Sausage Roll	\$3.80	Spaghetti Bolognese	\$3.50	Pasta Bowl	\$4.00	Curried Chicken and Rice	\$3.50	
Fried Rice	\$3.50	Hotdog (With or Without Sauce)	\$3.50	Ham and Pineapple Pizza	\$3.50	Mrs Macs Pie	\$3.50	
Mrs Macs Sausage Roll	\$2.50	Egg/Lettuce Sandwich	\$1.00	Fried Rice	\$3.50	Hotdog (With or Without Sauce)	\$3.50	
Chicken Bundle	\$2.50	Garlic Bread	\$1.00	Chicken Bundle	\$2.50	Cheese/Tomato Toastie	\$3.50	
Sauce Sachets = 30c extra WE NEED HELPERS THIS TERM!!!!!! PLEASE SPARE A DAY TO HELP KEEP OUR CANTEEN GREAT!								

Volunteers Needed! (Especially on our busy Fridays – even for 1hr!!)

- We love Canteen Volunteers and always welcome newcomers!
- Come and help your school, make new friends & have fun!
- Even 1 hour will help! Please call Sandra on 64951266 to assist or fill out the canteen slip below.

Lunch Orders.....

- Please write your child's name and class on all lunchorders.
- Orders should be in to the canteen before 9am.
- Please let us know if your child has allergies and how we can accommodate his/her needs.

I'd like to be a Canteen Volunteer!

Dear Ms Bunce,

I _____ (name) would love to help you in the canteen for **1-2 or 2-3 hours** on the following dates (please circle):

	Mon	Tue	Wed	Thu	Fri
Week 2	N/A	N/A	27/7	28/7	29/7
Week 3	1/8	2/8	3/8	4/8	5/8
Week 4	8/8	9/8	10/8	11/8	12/8
Week 5	15/8	16/8	17/8	18/8	19/8
Week 6	22/8	23/8	24/8	25/8	26/8

	Mon	Tue	Wed	Thu	Fri
Week 7	29/8	30/8	31/8	1/9	2/9
Week 8	5/9	6/9	7/9	8/9	9/9
Week 9	12/9	13/9	14/9	15/9	16/9
Week 10	19/9	20/9	21/9	22/9	23/9
Extra NEEDED on 17/8 (International Food) & 15/9 (Red Food Day)					

My phone number is: _____ AND/OR * Please call me if you get stuck & I'll see what I can do ☺