



CANTEEN

MENU

SALAD BOWLS

Plain Salad	\$6.50
Ham/Chicken/Tuna/Egg Salad	\$7.00
Extra salad bowl protein	\$1.00 each

All salads will include:-

Lettuce, Tomato, Carrot, Cucumber, Cheese, Celery, Corn, Potato Salad and Beetroot

SANDWICH BAR

	Sandwich	Rolls	Wraps
Cheese	\$2.90	\$3.40	\$3.50
Ham	\$3.70	\$4.20	\$4.30
Ham & Salad	\$4.80	\$5.30	\$5.50
Chicken & Mayo	\$4.50	\$5.00	\$5.30
Chicken, Mayo & Salad	\$5.60	\$6.10	\$6.40
Tuna & Mayo	\$4.50	\$5.00	\$5.30
Tuna, Mayo & Salad	\$5.50	\$6.00	\$6.30
Egg & Mayo	\$3.50	\$4.00	\$4.10
Egg, Mayo & Salad	\$4.60	\$5.10	\$5.40
Plain Salad (incl. Cheese)	\$4.00	\$4.50	\$4.70

Extra Salad Filling \$0.40 each

(Lettuce, Cucumber, Beetroot, Tomato, Carrot)

Cheese Slice \$0.40 extra

Mustard Pickles \$0.20 extra

Toasting \$0.20 extra

(White, Multigrain or Wholemeal Sandwich bread available)

GLUTEN FREE
AVAILABLE ON REQUEST

HOT FOOD

Hamburger & Salad	\$6.40
Chicken Burger & Salad	\$6.40
Hot Dog with Sauce	\$3.50
Add Cheese \$0.40	Add Mustard \$0.20
Hot Chicken & Gravy Roll	\$4.90
Noodle Cup	\$2.80

Sandwiches, rolls, salad bowls, chicken and hamburgers are made fresh daily and must be ordered

HOMEMADE PIZZAS

AVAILABLE IN TOMATO OR BBQ BASE

	SIZES	4"	6"
Cheese		\$4.00	\$6.00
Ham and Pineapple		\$4.50	\$6.50
Chicken /Chicken & Pineapple		\$4.50	\$6.50
Meatlovers		\$4.50	\$6.50

HOT BAKERY

Kool Skool Meat Pie	\$4.20
Kool Skool Chicken & Veg Pie	\$4.20
Kool Skool Potato Meat Pie	\$4.40
Cheese, Bacon, Potato topped Meat Pie	\$4.80
Sausage Roll	\$3.20
Jumbo Sausage Roll	\$3.70
Spinach & Cheese Roll	\$4.40
Sauces –Portion Control	\$0.30

Tomato, BBQ, Soy, Tartare, Mustard

**PLEASE
NOTE**

EFTPOS now available minimum \$3.00. There will be no Credit allowed, please do not ask as refusal may offend.

TO ENSURE AVAILABILITY OF CHOSEN FOODS, PLEASE ORDER BEFORE SCHOOL OR YOU MAY MISS OUT

DAILY SPECIAL



LARGE SERVE \$6.00

SMALL SERVE \$4.00

Daily Specials will be advertised on the whiteboard outside the Canteen every week. These meals will be homemade and meet the Smart Healthy Choice criteria set by the Government for Canteens.

DRINKS

Milk:-Plain 500ml		\$1.60
Flavoured Milk	Small 300ml	\$2.20
	Large 500ml	\$3.10
Dare 500ml		\$3.40
Water 600ml		\$1.00
Golden Circle Fruit Juice 350ml		\$2.10
Nutrient Water		\$3.50
Kyneton Spring Water 350ml		\$1.90
Kyneton Spring Water 600ml		\$3.50
Waterfords		\$2.60
Lipton Tea		\$3.70

SNACKS

Homemade Cho Chip cookie	\$1.40
Homemade Muffins—Assorted	\$1.40
Homemade Weekbix slice	\$1.40
Snack iced Roll	\$1.50
Assorted Chips from	\$1.50
Jelly Cup Low Joule	\$1.00
Mousse—97% Fat Free	\$1.00
Fruit Cup— Seasonal	\$4.00
Trifle	\$2.00
Granola & Yoghurt	\$1.50
Assorted Ice Creams from	\$1.00

WE RECOMMEND

ORDERING

ORDERING

- ◆ Pre-order meals **BEFORE** school for 1st and 2nd breaks
- ◆ Use Separate paper bags for each meal break
- ◆ Label bag/s with your name , year level and order
- ◆ Place money in the paper bags (*Change will be in the bag when you collect your order*)
- ◆ The Canteen also offers custom made meals to meet special dietary needs. **Talk to the staff before school**
- ◆ EFTPOS Minimum \$3.00
- ◆ **NO CREDIET GIVEN**

This menu includes food from both the Green and Amber Categories of the **“Smart Choices” Healthy Food and Drink Supply Strategy.**

The Green Category—includes foods that are excellent sources of important nutrients, are low in saturated fat and/or added sugar. Help to avoid an intake of excess energy (kilojoules)

The Amber Category— includes foods that have some nutritional value, have moderate amounts of saturated fat and/or added sugar. Can, in large serving sizes, contribute excess energy (kilojoules).

OPEN:

MONDAY-FRIDAY

8.15AM – 2.00PM DAILY

Before School 8:15am- 9:00am

1st Break 11:30am -12:10pm

2nd Break 1:20pm –1:50pm

CONVENOR LLEVELLYS VOIGT

PHONE— 3470 6226

The Canteen cannot operate without volunteers, if you are able to spare a few hours please contact the canteen, for further information phone 3470 6226.

Heights
Great
Scale

**Springfield Central
State High**