

## HALLAM VALLEY PRIMARY SCHOOL CANTEEN MENU 2009

YUMMY TUMMY HOT FOOD	SUPER SANDWICHES, ROLLS & WRAPS	SNACKS
Lasagna 97% Fat free \$3.40 ☺☺☺	All Sandwiches Made From Wholemeal , Multigrain, and White Bread Pita Bread also available	Classic Popcorn, Salt Vinegar, Cheese or Butter \$1.20 ☺☺
Spaghetti Twister 97% fat free \$3.40 ☺☺☺	Vegemite \$1.90 ☺☺☺ V	JJ's Crackers \$1.20 ☺☺
Vegetable Lasagna \$3.40 ☺☺☺ V	Cheese (Lite) \$2.10 ☺☺☺ V	Snakata (Cheese) \$1.20 ☺☺
Fried Rice \$3.40 ☺☺☺	Jam (Lite) \$1.80 ☺☺ V	Snack Pack BBQ Chips \$1.20 ☺☺
Corn Cobbette \$1.20 ☺☺☺ V	Tomato \$2.30 ☺☺☺ V	Fruit Straps 60c ☺☺☺
Dim Sims Steamed 80c ☺☺☺	Egg & Lettuce \$2.40 ☺☺☺ V	Rice Cakes B.B.Q or Chicken \$1.10c ☺☺☺
Chicken Nuggets (3 Nuggets) \$1.70 ☺☺	Ham (97% fat free) \$2.75 ☺☺	Sultanas 70c ☺☺☺
Hot Noodles Chicken/Beef \$2.60 ☺☺		Veggie Sticks \$1.10 ☺☺☺ V
Pizza Slab Cheese & Tomato \$3.40 ☺☺ V	Ham (97% fat free) & Salad \$3.70 ☺☺☺	Red Rock Chips 28grms Plain or Honey Soy \$1.20 ☺☺
Pizza Slab Ham/Pineapple \$3.40 ☺☺	Tuna \$2.75 ☺☺☺	Chicken \$1.20 ☺☺
Pizza Slab Supreme \$3.40 ☺☺	Tuna & Salad \$3.70 ☺☺☺	Home Style Cookies \$1.20 ☺☺
Hot Dog 97% fat free \$3.10 ☺☺	Roast Chicken \$3.15 ☺☺☺	Mini Muffins Banana/Yoghurt, Choc Chip, Blue Berry \$1.30 ☺☺
Chicken Royale \$2.60 ☺☺	Salad (Lettuce,Cheese, Tomato Beetroot Carrot & Cucumber) \$3.35 ☺☺☺ V	Gingerbread \$1.10 ☺☺
Beef burger with lettuce and sauce \$3.60 ☺☺☺	Salad Wraps Pita \$4.00 ☺☺☺ V	Ovalteenies 80c ☺☺
Chicken Burger with lettuce & LF mayo \$3.60 ☺☺☺	Meat & Salad Wraps Pita \$4.70 ☺☺☺	<b>DRINKS</b>
<b>Tomato Sauce</b> 20c ☺☺	Rolls Add 50c	250ml Milk (Low Fat Nippys) \$2.00 ☺☺☺
<b>TASTY JAFFLES</b>	Extra Meat Filling Add 40c	Chocolate/Strawberry/Honeycomb
Baked Bean & Cheese \$2.85 ☺☺☺ V	Salad Plate \$4.00 ☺☺☺ V	350ml Water \$1.20 ☺☺☺
Spaghetti \$2.60 ☺☺☺ V	Royale Wrap Chicken- Royale Lettuce Lite \$4.20 ☺☺☺	100% Fruit Juice Orange, Apple, A.B.C. or Tropical \$2.00 ☺☺☺
Cheese (Lite) \$2.60 ☺☺☺ V	Cheese & Salsa	Aqua Fruits Quench Lime, Orange, Cola, Blue Heaven or Apple & Raspberry. \$2.10 ☺☺
Ham (97% fat free) & Cheese(Lite) \$2.85 ☺☺☺	Ocean Delight Wrap -Fish Fillet, Lettuce, & Tartare Sauce \$3.80 ☺☺☺	
Ham (97% fat free) & Pineapple \$2.85 ☺☺☺	Sweet Chilli Twister- Sweet Chilli Chicken, Lettuce, Tomato, Sweet Chilli Sauce & Lite Mayo \$4.20 ☺☺☺	
<b>SUNNY SUMMER SHOCK</b>	<b>MRS MACS GOOD EATING RANGE</b>	<b>FROZEN TREATS AND SNACKS</b>
Chicken Burger, 100% Frozen Fruit Tube, 100% Fruit Juice or Low Fat Milk \$6.00 ☺☺☺	Heart Foundation Approved, Reduced Fat, Low GI, No Added MSG, No Added Preservatives, or Artificial Colours	110ml Frozen 100% Juice Cups Orange ,Apple or Pineapple 90c ☺☺☺
<b>WRAPPED SALAD SENSATION</b>	100% Vegetable Pastie \$3.35 ☺☺ V	70mls 99% Juice Tubes 80c ☺☺☺
Salad Pita Wrap Frozen Yoghurt Tub 100% Fruit Juice or Low Fat Milk \$6.00 ☺☺☺	Pie \$3.35 ☺☺	Frozen Yoghurt Tubs Strawberry, Rassberry or Fruit Salad \$1.50 ☺☺☺
<b>FAB FRESH FRUIT</b>	School Pie 120grms \$2.10 ☺☺	97% Fat Free Frozen Yoghurt Covered In 40% Fruit Juice Shell Boost Smoothie On A Stick \$1.40 ☺☺☺
Fresh Fruit Salad Tub \$2.50 ☺☺☺ V	Sausage Roll \$2.30 ☺☺	Streets Paddle Pop \$1.40 ☺☺
Fruit In Season \$1.00 ☺☺☺ V	Potato Top Pie \$3.75 ☺☺	Bulla Mini Pops 80c ☺☺
	Spinach & Ricotta Roll \$2.50 ☺☺ V	
<b>Each item on the menu has been categorised by Nutrition Australia as a guide to encourage healthy choices.</b>		
<b>DAYS OPEN</b>	☺☺☺ <b>Every day foods (eat most) .</b>	<b>LUNCH BAGS 10c</b>
<b>MONDAY, THURSDAY, FRIDAY</b>	☺☺ <b>Select Carefully foods (eat moderately).</b>	
	V <b>Denotes Vegetarian</b>	Effective January 2009