

FINAL LISTING  
UPDATED  
22 MARCH 2010

## CANTEEN PRICE LIST HEALTHY WINTER MENU TERMS II AND III 2010



### **SANDWICHES – wholemeal**

**(Rolls 60¢ extra)**

Unbuttered Roll	(G)	\$1.50	Tuna, Lettuce & Mayo	(G)	\$3.50
Buttered Roll	(G)	\$1.50	Chicken	(G)	\$3.50
Bread Roll with lettuce & Mayo	(G)	\$2.00	Chicken, Lettuce and Mayo	(G)	\$4.00
Vegemite	(G)	\$2.00	Ham	(G)	\$4.00
Cheese	(G)	\$2.50	Ham and Tomato or Cheese	(G)	\$4.50
Cheese and Tomato	(G)	\$3.00	Ham, Cheese and Tomato	(G)	\$5.00
Egg	(G)	\$3.00	Chicken Salad	(G)	\$5.00
Egg, Lettuce & Mayo	(G)	\$3.50	Ham Salad	(G)	\$5.00
Salad	(G)	\$4.50	Cheese Salad	(G)	\$5.00
Tuna & Mayo	(G)	\$3.00			

### **SUSHI, FRUIT**

Seasonal Fruit	(G)	\$1.50
Sushi Small	(G)	\$3.50
Sushi Large	(G)	\$6.00

### **HOT FOOD**

Focaccias – Chilli Chicken	(G)	\$6.00	Mushroom Pie	(A)	\$4.00
- Teriyaki Chicken	(G)	\$6.00	Potato Pie	(A)	\$4.00
- Chicken	(G)	\$6.00	Chicken Burger	(A)	\$4.00
Roasted Soya Chicken Wings	(A)	\$1.00	Pasta Bolognese - large	(G)	\$6.00
Pizza Pockets ( <i>Ham and Pineapple, Supreme, Cheese and Bacon</i> )	(A)	\$2.00	Pasta Bolognese - small	(G)	\$3.50
Crumbed Chicken Breast	(G)	\$2.00	Pasta Napolitana - large	(G)	\$6.00
Chilli Chicken Strip	(G)	\$1.50	Pasta Napolitana - small	(G)	\$3.50
Chilli Chicken Strip Burger	(G)	\$3.50	Chilli Chicken & Rice - small	(G)	\$3.50
Chilli Chicken Two Strip Burger	(G)	\$5.00	Teriyaki Chicken & Rice - small	(G)	\$3.50
Sausage Rolls – small	(A)	\$2.00	Chicken & Rice - small	(G)	\$3.50
Mini Macs	(A)	\$2.50	Brown Fried Rice	(G)	\$2.50
Sausage Rolls – homemade large	(A)	\$2.50	Boiled Rice	(G)	\$2.00
Meat pie	(A)	\$4.00	Singapore Noodles	(G)	\$2.50
Vegetarian Pie	(A)	\$4.00	Tomato Sauce		\$0.20
Chicken pie	(A)	\$4.00	Spoons or Forks (without food)		\$0.20

### **FRESH BAKERY**

Sara Lee Muffins (Chocolate Chip)	(A)	\$2.50	Apple Turnover	(A)	\$2.50
Fresh Muffins (Chocolate, Blueberry)	(A)	\$2.50	Finger Bun	(A)	\$2.00
Choc Chip Cookie	(A)	\$1.00	Cheese and Bacon Rolls	(G)	\$1.50
Banana Bread	(G)	\$2.00			

### **DRINKS**

Flavoured Mineral Water	(G)	\$2.00	Plain Milk 600mL	(G)	\$2.00
Spring Water 600mL	(G)	\$2.00	Flavoured Milk 300ml (Chocolate, Strawberry, Banana)	(G)	\$2.00
Play Fruit Water	(G)	\$2.50	Flavoured Milk 600mL	(G)	\$3.00
100% Juice 375ml (Orange, Apple, Pineapple)	(A)	\$2.00	Just Juice Popper	(G)	\$1.00
Plain Milk 300mL	(G)	\$1.50	Up & Go Vanilla or Strawberry	(G)	\$2.00

### **SNACKS**

Frozen Juice Tubes	(G)	\$0.50	Ski Yoghurt	(G)	\$1.50
Red Rock Chips 28g	(A)	\$1.00	Frozen Fruit cup - orange	(G)	\$0.60
Icy Poles	(G)	\$1.00	Milo Cups		\$2.60
Billabongs		\$1.20	Frozen Yoghurt		\$1.70
Sunny Boys		\$1.00			

(G) = Green for healthy foods  
(A) = Amber for small quantities  
(R) = Red to be avoided

We have complied with the Government regulations in making the TPHS Canteen 'healthy'. Please choose wisely when ordering for your children. Foods with (R) rating, use in moderation.

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## SCHOOL CANTEEN

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Pupils from ECC to Form 6 are requested to pre-order their lunch. This is of great assistance to the Supervisor who is then better able to judge the quantity of food required. Orders are to be placed at the Canteen by 8.30am for Prep School and Junior College.

We always welcome new volunteers in the Canteen. Join with a friend on our monthly roster.

\* Milk is now ordered in bags.

**Please supply two bags when ordering hot and cold:**

For example:

<p style="text-align: center;"><b>LUNCH</b></p> <p><b>NAME:</b> <b>CLASS:</b> <b>STUDENT No.:</b></p> <p>1 Meat Pie and sauce</p> <p>1 Choc Chip Cookie - sml</p>
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<p style="text-align: center;"><b>LUNCH</b></p> <p><b>NAME:</b> <b>CLASS:</b> <b>STUDENT No.:</b></p> <p>1 300ml Choc Milk</p> <p>1 Sunny Boy</p>
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<p style="text-align: center;"><b>RECESS</b></p> <p><b>NAME:</b> <b>CLASS:</b> <b>STUDENT No.:</b></p> <p>1 Lrg Sausage Roll</p>
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<p style="text-align: center;"><b>RECESS</b></p> <p><b>NAME:</b> <b>CLASS:</b> <b>STUDENT No.:</b></p> <p>1 Ski Yoghurt</p>
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Thank you for your assistance,

Canteen Supervisor  
Tele: 9972 5718

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