

# TRINITY COLLEGE NORTH CANTEEN LIST

## TERM 1 2012

### THIS IS A HEALTHY LOW FAT MENU

#### RECESS ONLY

Quiche	\$ 1.60	Cheese Toastie full	\$ 2.80
Mini Pizza	\$ 1.50	1/2 Cheese Toastie	\$ 1.40

	<u>S/W</u>	<u>ROLL</u>		<u>S/W</u>	<u>ROLL</u>
Vegemite	\$ 1.50	\$ 1.80	Salad - cheese base	\$ 3.40	\$ 3.70
Chicken BBQ	\$ 3.00	\$ 3.30	Tom, Lett, Cuc.		
Ham Virginian	\$ 3.00	\$ 3.30	Salad - meat base	\$ 4.00	\$ 4.30
Fritz	\$ 2.20	\$ 2.50	Tom, Lett, Cuc.		
Tomato	\$ 2.20	\$ 2.50	Tuna	\$ 3.00	\$ 3.30
Cheese	\$ 2.40	\$ 2.70	Egg	\$ 2.60	\$ 2.90
Chicken, Lettuce & Mayo	\$ 3.60	\$ 3.90	Buttered Roll	\$ 1.30	
Salad Plate Child's serve	\$ 4.50		Garden Salad Box	\$ 3.00	

GHERKIN, ONIONS, BEETROOT, CARROT & MAYONNAISE AVAILABLE any comb.

Mark clearly on your lunch order bag.

Extra Salad items ordered will be an extra 40c each.

\*\*\*Wholemeal Bread Available\*\*\*

#### HOT FOOD      **\*\*SAUCE 20c EXTRA\*\***

Low fat Mrs Macs Sausage Roll	\$ 2.40	Hot BBQ chicken roll	\$ 3.50
Low fat Mrs Macs Pie	\$ 3.00	2 Min Noodles	\$ 2.40
Jaffles - baked beans	\$ 2.60	Chicken Nugget Roll	\$ 3.50
Jaffles - spaghetti	\$ 2.60	Chicken nuggets single	\$ 0.60
Jaffles - ham & cheese	\$ 3.50	Pizza - ham & pineapple	\$ 2.40
Meatball Sub BBQ sauce (low fat, salt)	\$ 3.50	Hot ham & cheese roll	\$ 3.50
Chiko Roll - oven baked	\$ 2.20	Macaroni & Cheese	\$ 3.50
Hot Dog with sauce (low fat)	\$ 3.00	Spaghetti Bolognaise	\$ 3.50
Fish Fingers single	\$ 0.60	Lasagne	\$ 3.50
Fish Finger roll with lett, mayo	\$ 3.20	Soup	\$ 1.80
		Chicken, Beef, Vegetable	

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<b><u>DRINKS</u></b>		Nippys L/L milk Sml	\$ 2.20
Water 600ml	\$ 1.20	(strawberry, honeycomb)	
Nippys Orange Juice 500ml	\$ 2.80	Poppers Tetra Fruit Juice	\$ 1.50
Nippys Orange Juice 300ml	\$ 2.20	Cold Milo in a cup	\$ 2.20
Nippys L/L milk Lge (strawberry, banana, honeycomb)	\$ 2.50	Milk Plain 300ml	\$ 1.40
		Hot Milo	\$ 1.60
<b><u>ICE-BLOCKS &amp; YOGHURT</u></b>		Vanilla tub (low fat)	\$ 1.50
Fruit Tube Ice Blocks	\$ 0.50	Frozen Berry Yoghurt	\$ 1.50
Frozen Orange Juice & Apple	\$ 0.70	Paddle Pop - Banana & rainbow	\$ 1.30
<b><u>CAKES</u></b>		Cup cake	\$ 1.50
Lamington fingers	\$ 1.00	Biscuit	\$ 0.30
<b><u>SUNDRIES</u></b>			
Yoghurt lge	\$ 2.00	Jelly - Red, Green, Orange	\$ 1.40
Custard Vanilla	\$ 1.80	Apples - Red & Green	\$ 0.80
Custard & Jelly	\$ 1.80	Oranges	\$ 0.80
		Watermelon Box	\$ 1.60

**LUNCH BAGS ARE AVAILABLE THROUGH THE CANTEEN**

**R-4 RECESS ORDERS ARE AVAILABLE THROUGH THE LUNCH BOX**

**PLEASE MARK **\*\*RECESS\*\*** CLEARLY ON THE BAG**

**FRUIT TUBES 40c VARIOUS OTHER ICEBLOCKS 60c - \$1.50**

***IF YOU HAVE ANY QUERIES OR WOULD LIKE TO VOLUNTEER ONE DAY  
IN THE CANTEEN PLEASE CONTACT MARTIN STORRIE 85220604***

If a child forgets their lunch the canteen will only supply a piece of fruit for recess and a sandwich for lunch.

\* Vegemite \$1.50, Cheese \$2.20, Honey \$1.50 \*

The money will be due the next day.

Thank you