

The Rainbeau canteen



Term Three Menu

LUNCH RECESS ONLY

Ice-creams cannot be ordered on lunch bags.

G	99% Ice Fruit Sticks	25c & 50c
G	Zing Creamy Fruit Ice Bar	25c & 50c
G	100ML Frozen Pineapple Juice (with or without fruit)	30c - 70c
A	Popsicle (Rainbow or Swell or Chocolate)	\$1.10
A	Light Bucket Ice cream	\$1.50
G	Frozen fruit pieces (when available)	5c – 80c
G	100ml Frozen Yoghurt (when available)	80c
G	Slushie cup	\$1.00 & \$1.80

The Parents & Citizens Association operates the Canteen with the aim of providing healthy lunches and snacks at reasonable prices and to also make a small profit which goes back into the School.

ORDERING: Students are asked to write out their orders **BEFORE** school or at home. Due to health and food regulations we are unable to heat or refrigerate any food or drink from home. Thank you for your understanding.

NO CREDIT: A child will be provided with a lunch if they have genuinely left their lunch at home and a written note from the class teacher is provided. The note will then be sent home with the child asking for payment the next day.

WEDNESDAY ASSEMBLIES:

For a silver coin donation you can enjoy a cup of tea or coffee whilst attending school assemblies.

DO YOU HAVE A FEW HOURS TO SPARE?

If you do and you are willing to assist in the canteen as a volunteer helper, please call into the canteen or telephone Anna Prosper on 9301 6132 (w) or 9300 6302 (h). Whatever time you can give will be gratefully appreciated.

Sincere thanks to those few volunteers for their continued assistance and support of our canteen.

Thank you
Anna Prosper

Green = G Amber = A

All sandwiches made on Wholemeal.
White or multigrain to be request
All Sandwiches & Plates are Green.
(Butter to be requested extra \$0.20)

Vegemite, Baked Beans	\$1.70
Cheese, Egg, or Baked Bean & cheese	\$2.10
Salad (Lettuce, carrot, tomato, cucumber)	\$2.10
Chicken, Lite ham, or Tuna	\$2.40
Chicken & Cheese	\$3.10
Ham & Cheese	\$3.10
2 Slices of bread	\$0.60
Roll (Unbuttered)	\$0.80
Salad Plate or container	\$3.50
Salad plate with egg or cheese	\$4.10
Salad plate with lite ham or chick or Tuna	\$4.60
Fruit Piece container	\$2.50

Other Breads Add	Extra
Roll	\$0.40
Wrap	\$0.80
Toast (made on 1 white & 1 w/meal & Buttered on outside)	\$0.20

Extra for Salad and Sauce item:

Any 1 salad item including beetroot	\$0.40
Any 4 salad items (eg. lettuce, tomato, carrot or cucumber) for sandwich /roll or wrap	\$0.80
Egg, Cheese, or Pineapple	\$0.70
Vegemite	\$0.30
Mayonnaise / Tomato sauce or Italian dressing sachet or for s'wiches etc	\$0.25
Extras	
Spoon or fork (for food from home)	\$0.05
30 printed lunch bags	\$1.00
Orders without bag or for phone orders	\$0.05

Do not use staples or sticky tape on bags (Wrap money securely before placing in order bag)

Caution: Products may contain traces of seeds or nuts.

HOT FOODS AVAILABLE DAILY (Following are all Green)

250g Chicken Fried Rice	\$3.00
250g Vegetable Pasta Bake	\$3.00
250g Chicken Pasta Bake	\$3.50
200g Macaroni Cheese	\$3.60
200g Beef La Sagna	\$3.60
200g Teriyaki Chicken & rice	\$4.40
200g Curry Chicken & Rice	\$4.40
Pumpkin Soup & croutons (In foam cup & collect from canteen)	\$1.80

DRINKS, FRUIT & DAIRY ITEMS

Browne's Choc chill 600ml	\$2.90
Straw Smoothie 250ml (Probiotic Yog. Drink)	\$2.90
LOL's 250ml / (B'current, Razzi, Trop, Go Mango)	\$2.00
Browne's Chill 250 -300ml (Chocolate, Sp'mint, S'berry, Banana)	\$1.80
Berri Pop Tops 250ml / (Apple, Orange, Multi -v)	\$1.70
Up & Go (Choc/Vanilla/Banana & Honey)	\$1.60
Cold Milo (to be collected)	\$1.50
Hot Milo (to be collected)	\$1.30
Just Juice Tetra pack	
(A'bcurrant, paradise punch,Apple or orange)	\$1.20
Water	\$1.20
(A) OJ 300ml	\$1.20
Hi-Lo Milk 225ml	\$0.90

(A) Gingerbread man	\$2.00
Light yoghurt (Peach, b'na passion; mix berry)	\$1.60
(A) Jelly Fruit	\$1.20
(A) Vegie Chips	\$1.20
(A) Swt muffins (choc/ Apple B'berry)	50c-\$1.00
Fresh Fruit/Apple Slinky	80c-\$1.00
(A) K -Time Twist (apple & B'berry)	\$1.00
(A) Vita-Weat 20g packet	\$0.90
Pikelet	\$0.40
Fresh cooked popcorn	\$0.20
Savoury Bread Stick	\$0.10

Items sold and prices may change due to circumstances.
Please check the School Newsletter & canteen notice board.
Most foods chosen are from the Star Choice Buyers Guide.
The menu exceeds the standards set by the compulsory "Traffic light" healthy eating strategy, implemented in 2007 by the WA Government for all Public Schools.

WEEKLY SPECIALS

MONDAY

A Good eating 120g pie/ sausage roll	\$1.70
G Fresh Fruit Salad	\$3.00

TUESDAY

G Dino snacks in the garden (salad)	\$4.60
A 5 Dino snacks and tom sauce sachet	\$2.40
G Fresh Fruit Salad	\$3.00

WEDNESDAY

A Good Eating 120g pie/ Sausage roll	\$1.70
A Potato pie and spoon	\$2.60
A Vegie Pastie & small salad bag	\$3.60
G Fresh Fruit Salad	\$3.00

THURSDAY

(*No Toasted Sandwiches Today)

G Sweet chic tenderloins with salad & mayo In a tortilla wrap	\$3.00
A 2 Yummy Drummy/tom sauce/Corn Cob	\$3.00

FRIDAY

A Pizza Ham & Pineapple or Ham & Cheese or Supreme or Cheese and tomato sauce	\$2.20
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MORNING RECESS ONLY

(G) Cheesie (Mon/Wed/Fri)	\$1.20
(A) 1/2 Chick & Corn Roll (M/W/F)	\$0.70
(A) Pizza piece (Tue/ Thur)	\$0.50
(A) Vegetable Nugget (T /T)	\$0.50
(G) Potato Wedge (T/ T)	\$0.10
(G) Haggrad	\$0.70

Assorted changing daily specials

Includes:

Fruit kebabs, Raisin bread, date balls, apple crumble and custard, rice cakes, cheerios, mini weat, frz grapes, bananas or pineapples, fried rice, chicken noodle soup, corn thins, puffed corn, toasted muffins, pancakes, and savoury pikelets.