

LUNCH RECESS ONLY

Ice-creams cannot be ordered on lunch bags.

G	99% Ice Fruit Sticks	20c & 40c
A	Zing Creamy Fruit Ice Bar	25c & 50c
G	100ML Frozen Pineapple Juice <small>with or without fruit</small>	30c - 70c
A	Popsicle (Rainbow or Swell or Chocolate)	\$1.10
A	Light Bucket Ice cream	\$1.50
G	Frozen Fruit piece (when available)	05c – 80c
G	100ml Frozen Yoghurt & Yogo <small>(when available)</small>	80c
G	Slushie cup	\$1 & \$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 in this matter.

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.

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

Beaumaris Primary School

The Rainbeau Canteen

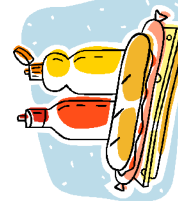
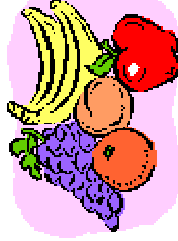


OPEN: 8:15am – 12:50pm
PHONE: 9301 6131

Summer menu

Term 4
2009

Term 1
2010



Green = G Amber = A

All sandwiches made on Wholemeal.
White or multigrain to be request

All Sandwiches & Plates are Green

SANDWICHES (Toasted extra)

- Vegemite or Baked Beans \$0.20
- Cheese or Egg or Baked Bean & cheese \$1.70
- Salad Only (Lettuce, carrot, tomato, cucumber) \$2.10
- Chicken or Lite Ham or Tuna \$2.40
- Chicken & Cheese \$3.10
- Ham & Cheese \$3.10
- 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

EXTRAS

Other Breads Add

Butter to be requested extra

- Roll \$0.20
- Wrap \$0.40
- Toasted (1 White /1 W'meal buttered on outside) \$0.80
- Roll only Unbuttered \$0.20
- 2 slices of bread unbuttered \$0.80
- Any 1 salad item including beetroot \$0.50
- Any 4 salad items (e.g. Lettuce, tom, cue, carrot) for sandwich /roll or wrap \$0.40
- Egg, Cheese, or Pineapple \$0.80
- Vegemite \$0.70
- Mayonnaise / Tomato sauce or Italian dressing sachet or for s'wiches etc \$0.30

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 (All are 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
 - 260g Couch Potato Beefy Mash \$4.50
 - 260g Kickin' Chicken & Rice \$4.50
 - 260g Totally Twisted Meaty Spaghetti \$4.50
 - Pumpkin Soup & croutons \$2.00
- (In foam cup & collect from canteen)*

Drinks, Fruit, & Dairy Items

- Browne's Choc chill 600ml \$2.90
- Straw Smoothe 250ml (Probiotic Yog Drink) \$2.90
- LOL's 250ml (B'currant, Razzi, Trop, Go mang) \$2.00
- Browne's Chill 250 -300ml \$1.80
- (Chocolate, Sp'mint, S'berry, Banana)*
- Berri Pop Tops 250ml (Apple,, Multi-V) \$1.70
- Up & Go (Choc/Vanilla/Banana & Honey) \$1.60
- Light yoghurt (Peach & b'na passion; mix berry) \$1.60
- Cold Milo (to be collected) \$1.50
- Hot Milo (to be collected) \$1.30
- Just Juice F'box (B'currant, paradise punch, Apple or Orange) \$1.20
- Water \$1.20
- (A) OJ 300ml \$1.20
- Hi-Lo Milk 225ml \$0.90

- (A) Jelly Fruit \$1.20
- (A) Vegie Chips \$1.20
- (A) Swt muffins (choc/ Apple B'berry) 50c-\$1.00
- (G) Fresh Fruit/Apple Slinky 80c-\$1.00
- (A) K-Time Twist (apple & B'berry) \$1.20
- (A) Vita-Weat 20g packet \$0.90
- (G) Pikelet (Sweet or Savoury) \$0.40
- (G) Fresh cooked popcorn \$0.20
- (G) 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 complies with the 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
- A** Potato pie and spoon \$2.60
- 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** Captains Catch Fish fillet with Salad & mayo in a tortilla wrap \$3.30
- A** Vegie Pastie & small salad bag \$3.60
- G** Fresh Fruit Salad \$3.00

THURSDAY (*No Toasted S'wiches Today)

- G** Beef Burger with lettuce, tomato & carrot \$3.60
- (No exception on Salads)*
- 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

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 5c-\$1.00

- includes:

Fruit kebabs, Raisin bread, date balls, apple crumble and custard, rice cakes, cheerios, mini weat, frz fruit pieces, fried rice, chicken noodle soup, corn thins ,puffed corn, pasta bake ,Finger salad cups. Toasted muffins, pancakes, savoury pikelets