

## LUNCH RECESS ONLY

*Ice-creams cannot be ordered on lunch bags.*

G	99% Ice Fruit Stick	25c & 50c
A	Zing Creamy Fruit Ice Bar	25c & 50c
G	Twice as Nice	25c & 50c
A	Popsicle, Rainbow, <b>Choc Billabong</b> or Milo	\$1.20
A	Light Bucket Ice cream	\$1.20
G	Frozen Fruit piece ( when available)	.05c - 80c
G	Slushie cup ( <i>not available Term 3</i> )	
G	Frozen Variety of Fruit Pieces	.05c – 70c

The Parents & Citizens Association operates the Canteen with the aim of providing healthy lunches and snacks at reasonable prices and to 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.

**WEDNESDAY ASSEMBLY:** For a gold coin donation you can enjoy a cup of tea or coffee whilst attending school assemblies.

### DO YOU HAVE A FEW HOURS TO SPARE?

The canteen cannot operate to its full capacity if we do not receive volunteer help from parents, family or friends. If you have any spare time, any day of the week, please contact Anna Prosper on 9301 6131 (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.

*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. Our menu exceeds the standards set by the compulsory "Traffic Light" healthy eating strategy, implemented in 2007 by the WA Government for all Public Schools.*

**Sincere thanks to all the volunteers, parents and children for their continued assistance and support of our canteen.**  
**Anna Prosper Canteen Coordinator**

# The Rainbeau Canteen

Open: 8:15am-12.50pm

Phone: 9301 6131



## AMENDED WINTER MENU TERMS 2 & 3

### WEEKLY SPECIALS

#### MONDAY

- G** Meal Deal- 4 Chicken nuggets, small bag finger salad, slinky apple, Hi-Lo milk & tom sauce sachet \$4.00
- A** G/E Sausage roll (sauce extra 20c) \$2.10
- A** Potato pie and spoon (sauce extra 20c) \$2.80

#### TUESDAY

- G** L/F Beef Chargrilled Burger, Salad & Tom Sauce \$3.80  
*(Must have with salad due to traffic light strategy)*
- G** Crunchy Chicken Breast Royale with Lettuce, Tomato, Carrot, Mayo Wrap \$3.60

#### WEDNESDAY

- G** Fish fillet, sweet mash, peas & corn \$3.20
- G** Toasted Chicken ,Cheese, Tomato & Spinach Parcel \$3.20

#### THURSDAY (No Toasted Sandwiches Today)

- G** Crumbed Chicken burger, Salad & mayo \$4.00  
*(Must have with salad due to traffic light strategy)*

#### FRIDAY

- A** Pizza Single; Ham & Pineapple *or* Ham & Cheese *or* Supreme *or* Cheese and Anna's sauce \$2.30

**Green = G      Amber = A**

**Sandwich Price**

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

	<b>Sandwich</b>	<b>Toast</b>
		<i>(not Thursdays)</i>
Buttered	\$1.10	\$1.30
Vegemite or Baked Beans	\$1.50	\$1.70
Cheese or Egg	\$2.20	\$2.40
Baked Bean and Cheese	\$2.20	\$2.40
Salad	\$2.10	\$2.30
Chicken or L/fat Ham or Tuna	\$2.40	\$2.60
Chicken & Cheese	\$3.00	\$3.20
L/Fat Ham Cheese	\$3.00	\$3.20

Greek Salad	\$4.00
Salad Plate	\$4.00
Salad plate with egg or cheese	\$4.70
Salad plate with Ham/Chick/Tuna	\$5.00
<i>(salads come with slice of bread)</i>	

Tub Watermelon	\$2.00
Fruit Piece container	\$2.50
Fruit salad	\$3.00

**Extras**

**Other Breads (Add to sandwich cost)**

Roll	\$0.40
Wrap	\$0.80
Toasted <i>(Not available on Thursday)</i>	\$0.20

**Extras for Sandwiches and Rolls & Toast:**

1 salad item including beetroot or P'apple	\$0.30
4 salad Items	\$0.70
Egg, or Cheese	\$0.70
Chicken, or Ham, or Tuna	\$0.80
Mayo or Tom sauce or Italian dressing	\$0.25

**HOT FOODS AVAILABLE (All are green)**

Vegetable Pasta Bake	\$3.00
Chicken Fried Rice	\$3.80
Chicken Pasta Bake	\$3.80
Macaroni Cheese	\$3.80
Tuna Pasta Bake	\$3.80
Hoiken Noodles	\$3.50
Beef La Sagna	\$4.00
Twirls (Spaghetti)	\$4.00
Teriyaki Chicken & rice	\$4.40
<b>A) Hakka Beef Roll</b>	\$2.20
<i>(tomato sauce extra- \$0.20)</i>	
Pumpkin Soup & garlic bread	\$3.00
<i>(to be collected from the canteen)</i>	

**Extras:**

Spoon or fork <i>(for food from home)</i>	\$0.05
30 printed lunch bags	\$1.00
Orders without bag or for phone orders	\$0.05

**Other Recess specials range from \$0.05 -\$1.00**

(A) Jelly Fruit	\$1.20
(A) Vegie Chips	\$1.20
(A) Sweet muffins	\$0.50 or \$1.00
(G) Fresh Fruit/Apple Slinky	\$0.80
(G) Pikelet Sweet	\$0.40
(G) Pikelet Savoury	\$0.60
(G) Fresh cooked popcorn	\$0.25
(G) Savoury Bread Stick	\$0.10

**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.**

**Drinks, Fruit. & Dairy Items**

Browne's Choc chill 600ml	\$3.10
Browne's Chill 300ml	\$2.00
<i>(Chocolate/ Sp'mint/ S'berr/,Choc mint)</i>	
Up & Go <i>(Choc / Vanill )</i>	\$1.80
Up & Go Vive <i>(Wild Berry/ Banana)</i>	\$1.80
Light yoghurt <i>(Peach &amp; b'na passion)</i>	\$1.80
Cold Milo <i>(to be collected)</i>	\$1.60
Water 600ml	\$1.40
<b>(A) OJ 300ml</b>	\$1.40
Hot Milo <i>(to be collected)</i>	\$1.40
Water 600ml	\$1.40
Just Juice Fruit box	\$1.20
<i>(B'currant / Apple / Tropical /orange)</i>	
Hi-Lo Milk 225m	\$1.00

**Morning Recess Only**

*(Hot recess items can't be ordered on lunch bags)*

<u>Monday</u>	Muffin	.50c or \$1.00
	Cheesie	\$1.20

<u>Tuesday</u>	Wedge	.10c
	Lebanese Pizza	.50c

<u>Wednesday</u>	Scone (half)	.40c
	Savoury Scrolls	.50c to \$1.00
	Vegetable Nuggets	.50c

<u>Thursday</u>	Wedge	.10c
	Lebanese Pizza	.50c

<u>Friday</u>	Sweet Pikelet	.40c
	Savoury Piklet	.60c
	Full Chicken & Corn roll	\$1.40
	Cheesie	\$1.20