

# St Madeleine's Primary School



## ~ FOOD CODING ~

G Green - fill the menu 

A Amber - select carefully 

R Red - only occasionally

GF - Gluten Free

## HEALTHY START



### Fresh Yoghurt (G) (GF)

Seasonal Fruit & Yoghurt \$4.00

Yoghurt & Berries (G) (GF) \$3.50

### Fruit (G)

Fruit available daily \$1.00

Fresh Fruit Salad \$3.50

### Toasted Sandwiches (G)

Cheese \$3.50

Ham & cheese \$3.80


Ham, cheese & tomato \$4.00

### Toast (A)

Jam or Honey - 1 Slice \$1.00

## SNACKS



Orchy juice cup (G)  \$1.50

Custard (G) Low Fat \$2.50

Jumpy's (A)  \$1.50

Ice blocks & ice creams (A)  \$1.00 ~ \$2.50

Banana Bread (A)  Half \$2.60 Full \$3.50

## COLD BAR



### ~ SANDWICH BAR ~

Vegemite (G) \$2.00

Cheese & tomato (G) \$3.80

Smoked Ham, cheese & tomato (G) \$4.00

Smoked Ham & cheese (G) \$3.80

Smoked Ham & Tomato (G) \$3.80

Smoked Ham & salad (G) \$4.20

Roast chicken (G) \$3.60

Roast chicken, lettuce & mayo (G) \$4.00

Roast chicken & salad (G) \$4.20

Salad (G) \$4.00

Beetroot, lettuce, carrot, tomato & cucumber

Tuna (G) \$3.60

Tuna, lettuce & mayo (G) \$4.00

Tuna & salad (G) \$4.20

## COLD BAR



Breads (G) White, wholemeal  \$1.00

Wrap \$1.00

White roll \$1.00

Turkish/Focaccia \$1.00

### ~ WRAPS BAR (G) ~

Sweet chilli chicken, salad & cheese (G)  
Double \$5.00 ~ Single \$3.00

Chicken Caesar, bacon, cheese (G)  
Double \$5.00 ~ Single \$3.00

Grilled Chicken Schnitzel, lettuce & mayo (G)  
Double \$5.00 ~ Single \$3.00

Ham & salad (G) Double \$5.00 ~ Single \$3.00

Cheese & salad (G) Double \$4.50 ~ Single \$2.50

### ~ SUSHI (G) (GF) ~

Chicken Teriyaki (G) \$3.50

Tuna (GF) (G) \$3.50

### ~ SALAD BOX (G) ~

With chicken or tuna Small \$3.50 ~ Large \$4.50

Chicken Caesar Small \$4.50 ~ Large \$5.50

Garden Salad Small \$3.00 ~ Large \$4.00

## HOT BAR



### ~ HOT MEALS ~



<b>Chicken Nuggets or Goujons (A)</b>	
x 4	\$3.00
x 5	\$3.60
x 6	\$4.20
<b>Chicken Wingettes (A) Each</b>	\$2.50
<b>Jaffle (G)</b>	\$3.50
Cheese	
Cheese & Tomato	\$3.80
<b>Fish burger (A) With lettuce &amp; mayo</b>	\$4.50
<b>Lean beef burger (G)</b>	
With tomato, lettuce, beetroot & bbq sauce	\$4.80
<b>Lean chicken burger (A) With lettuce &amp; mayo</b>	\$4.50
<b>Garlic bread (A)</b>	\$2.00
<b>Nachos (A) With salsa &amp; cheese</b>	\$4.00
<b>Chicken nuggets with mash potato (A)</b>	\$5.00
With 5 nuggets	
<b>Oven baked potato wedges (A)</b>	\$4.00

### ~ PASTA ~



<b>Lasagna (G)</b>	
Homemade beef / Homemade vegetarian	\$4.50
<b>Spaghetti Bolognese (G)</b>	\$4.50
Homemade Bolognese	

## HOT BAR



<b>Vegetarian Fried Rice (G)</b>	Sml \$4.00 ~ Lg \$4.50
<b>Butter Chicken (A) With rice</b>	\$4.80
<b>Honey Soy Chicken (A) with fried rice</b>	\$4.80

### ~ HOME MADE PIZZA SLAB ~



<b>Margarita (G) Cheese &amp; Tomato</b>	\$3.50
<b>Vegetarian (G) Olives &amp; roast capsicum</b>	\$4.00
<b>Hawaiian (G) Ham &amp; Pineapple</b>	\$4.00
<b>Chicken (G) Lean roast chicken &amp; bbq sauce</b>	\$4.00

### ~ TURKISH BREADS ~

<b>Chicken Schnitzel Delight (A)</b>	\$5.50
Chicken schnitzel, roast capsicums & cheese	
<b>Chicken Delight (G)</b>	\$5.50
Roast chicken, avocado, tomatoes & cheese	
<b>Mediterranean Delight (G)</b>	\$5.50
Olives, artichokes, roast capsicum & fetta cheese	
<b>Vegetarian Delight (G)</b>	\$5.50
Eggplant, sundried tomatoes, roast capsicum & cheese	
<b>Ham Delight (A)</b>	\$5.50
Smoked ham, sundried tomatoes, olives & cheese	

## HOT FOOD



### ~ PIES ~



<b>Lean Beef Pie (A)</b>	\$3.60
<b>Lean Sausage Rolls (A)</b>	\$3.40
<b>Lean Potato Pie (A)</b>	\$3.80
<b>Spinach &amp; Ricotta Roll (A)</b>	\$3.80

## BEVERAGES



### ~ COLD DRINKS ~

<b>Water (G)</b>	
Spring water 600ml	\$2.50
Sports water	\$3.00
<b>Milks – Low Fat – 300ml (G)</b>	
Plain	\$1.20
Chocolate, strawberry	\$2.50
<b>Flavoured Milkshakes (A)</b>	\$4.00
Chocolate, strawberry, vanilla, caramel	
<b>Flavoured Mineral Water (A)</b>	
Lemon lime, apple & raspberry	\$3.00
<b>Juice Poppers (A) 99%</b>	\$1.50