



Truth, Pride & Friendship

# Riverside Primary Schools

## Summer Menu Term 4 & Term 1 – 2018 - 2019

### RECESS

#### EVERYDAY

G	Fruit Kebabs	\$1.00
G	Apple Slinky	\$1.00
G	Cob of Corn	\$1.00
G	Seasonal Fruit	\$1.00
G	Vegie Packs	\$1.00
G	Natural Yoghurt	\$2.00
G	2 Pikelets	\$1.00
G	Banana Bread	\$1.00
G	Popcorn	\$0.20

#### MONDAY AND WEDNESDAY

A	Chicken Strips	\$1.50
A	Hash Browns	\$0.50
A	Hot Dog	\$2.00

#### TUESDAY, THURSDAY AND FRIDAY

A	Party pies	\$0.50
A	Pizza	\$2.00
G	Ham and cheese pocket	\$1.50

### DRINKS

#### EVERYDAY

G	Bottled Water	\$2.00
G	Up & Go's	\$2.10
A	Fruit Juice 250ml	\$2.00
G	Flavoured milk	\$2.10
G	Plain milk	\$1.50
A	Juice Bomb/Chill J's	\$2.20

*Thank you for supporting your school canteen!*



Our school adheres to the traffic light system introduced by the Government in 2006.

Our Menu MUST comply & consist of 60% green.

**Green (G)** must predominantly fill the menu! **Amber (A)** select carefully! **Red off the menu!**

You can now select healthier Options by choosing foods with the letter G in front of them.

We are also Quick Cliq Members. Go to: [www.QuickCliq.com.au](http://www.QuickCliq.com.au) register & place your order by 9.00am

We rely **heavily** on the support of our valued volunteers / if you can help **please** come in and see us and we can put your name on the roster.

If you wish to donate any spare change to cover the cost of Lunch bags it would be greatly appreciated.

Thank you very much Trudy & Moni ☺

PLEASE NOTE: Kindy and Pre Primary daily meal deals do not include ice cream or an icy pole.

## SANDWICHES, ROLLS or WRAPS

Available every day

All sandwiches and rolls are made with wholemeal bread

White hi-fibre available on request

		S/W Wrap	Roll
A	Ham	\$3.00	\$3.50
A	Chicken	\$3.50	\$4.00
G	Ham & Salad	\$4.00	\$4.50
G	Chicken & Salad	\$4.50	\$5.00
G	Salad only	\$3.00	\$3.50
G	Vegemite only	\$2.00	\$2.50
G	Cheese only	\$2.50	\$3.00
G	Cheese & Vegemite	\$2.50	\$3.00
G	Tuna	\$3.00	\$3.50
G	Egg (curried or plain)	\$3.00	\$3.50

### Any extras:

Sauce	\$0.30
Pineapple/Beetroot/Cheese	\$0.50
AND	
Egg	\$1.00

## DAILY MEAL DEAL SPECIALS

Monday G	Mi Goreng noodles, beef & veg Water & fresh fruit kebab <b>\$6.00</b>
Tuesday G	Crumbed Chicken/ Salad pocket Water & ice-cream cone <b>\$6.00</b>
Wednesday A	Pizza, Pie or Sausage roll & sauce Water & ½ icy pole <b>\$6.00</b>
Thursday G	Homemade Cheese Burger Water & fruit kebab <b>\$6.00</b>
Friday G	Super Dog (cheese & sauce) any drink & ice-cream cone <b>\$6.50</b>

## SALADS

G	Fruit Salad Bowl	\$4.00
G	Salad Plate (Small)	\$5.00
G	Salad Bowl (Large)	\$6.00

Both consist of lettuce, tomato, carrot, cucumber, egg & cheese.

Super Salad Bowl: as above plus

Ham	\$1.00
Chicken	\$1.50
Pineapple	\$0.50
Beetroot	\$0.50

## OTHER DAILY HOT LUNCHES

		½	Full
A	Hot ham roll	\$2.00	\$4.00
A	Hot chicken roll	\$2.50	\$5.00
A	Hot ham and mayo roll	\$2.50	\$5.00
A	Hot chicken and mayo roll	\$3.00	\$6.00
A	Macaroni cheese		\$4.50
G	Fried rice		\$4.50
A	Lasagne		\$4.50
A	Chicken chilli wrap		\$6.00

## TOASTED SANDWICHES

G	Cheese	\$3.70
A	Ham	\$3.80
A	Chicken	\$4.00
G	Cheese and vegemite	\$3.80
G	Ham and cheese	\$4.20
G	Cheese and tomato	\$4.20
G	Tuna and cheese	\$4.20
G	Chicken and cheese	\$4.50
G	Ham, cheese and tomato	\$4.80
G	Ham, cheese and pineapple	\$5.00
G	Chicken, cheese and tomato	\$5.00

## AFTER LUNCH SALES

G	Paddle pops	\$1.50
A	Quelch sticks	\$1.00
A	½ Quelch stick	\$0.50
G	Ice-cream cone (1 scoop)	\$1.00
G	Homemade icy poles	\$0.50
G	Homemade ice-cream sandwich	\$1.00

Don't forget to put yourself on the roster and lend a helping hand if you can spare some time at the Canteen!

Canteen Manager Trudy 0459 565 827



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