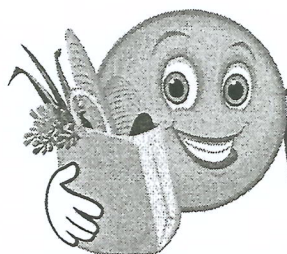


OUR LADY STAR OF THE SEA SCHOOL CANTEEN MENU



Healthy Eating, Healthy Action (HEHA)



HOT FOOD

Toasted Sandwich – Ham and Cheese / Sweetcorn	\$2.50
Toasted Sandwich – Chicken+Mayo / Cheese+Onion	\$3.00
Toasted Sandwich – Chicken, Cheese + Mayo	\$3.50
Pizza - Hawaiian	\$2.60
Macaroni Cheese	\$3.50
Butter Chicken + Rice	\$3.50
Potato Wedges and Sauce	\$3.50
Nachos (Chips, Sauce and Cheese)	\$3.50
Hotdog: <i>Frankfurter in bun with sauce</i>	\$2.60
Noodles – Chicken, Beef	\$2.50
Chicken Nuggets (4 nuggets and sauce)	\$2.80
Chickendog: <i>Nuggets in bun with sauce</i>	\$2.60
Pie Sunnyday: Mince, Mince+Cheese, Steak+Cheese	\$2.50
Small Pie: Mince, Mince & Cheese	\$2.00
Sausage Roll	\$1.60
Mince Savoury	\$1.20
Mashed Potato + Gravy	\$1.50
Hamburger	\$2.60
Cheeseburger	\$3.00
Fish Burger NEW	\$2.60

COLD FOOD

Ham or Chicken Salad Wrap: Full	\$3.50
Ham or Chicken Salad Roll	\$3.00
Sandwiches: Ham, Cheese, Chicken, Egg, Tomato 1 filling	\$2.00
(Extra fillings 50 cents each)	
Salad Sandwiches, chicken, Ham, Vegetarian	\$3.50
Marmite Sandwich	\$1.00

FROZEN

Joosicles – assorted flavors	\$1.20
Moojoo (milk freeze) Chocolate or Strawberry	\$1.40
Nestle Moose – Chocolate or Strawberry NEW	\$1.20

SNACKS

Popcorn	\$1.00
Vege /Potato Chips	Small \$0.50 Large \$1.50
Corn Chips	\$1.60
Shapes Biscuits	\$2.10
Fruit Hitz: Flavours- Grape, Summerberry	\$1.30
Fresh Fruit –	From \$0.60
Noodle and Rice snacks	\$1.00
Assorted snacks	From \$0.80
Cookies – assorted	From \$1.00
Muffins	\$1.50
Jelly in cup – assorted flavor NEW	\$1.00

DRINKS

Mineral Water 350ml	\$1.00
Mineral Water 500ml	\$1.50
300ml Fresh Milk	\$1.50
Fresh Milk including Sipahh straw	\$2.00
Calci-Yum Milk – assorted	\$2.00
Assorted Drinks	\$1.50
125ml Twist	\$1.20

To be healthy, children need:

- Many different kinds of food (a variety of foods from the four food groups every day)
- Enough food for activity and growth
- Mini-meals or snacks during the day
- Plenty to drink
- Treat foods now and then