



Parkfield Primary School Galley Summer Menu 2021

Canteen Hours 8:00am to 2:00pm

Recess 10.55am

Lunch 1.15pm

Min 60% items on the menu are classified "green" in compliance with the Australian School Canteen Association 'traffic light' guidelines. Amber items have been selected carefully and availability to students is limited.

Green Amber Red

RECESS

Including Cheesies, Custard Cups, Yoghurt, Anzac Biscuits, Muffins, Weetbix Slice, Healthies Snacks, Fruit Sticks, and these amber specials

- Tuesday:** Dino Nuggets (Max of 4) \$0.50
- Wednesday:** Mini Hotdog (Max of 2) \$1.00
- Thursday:** Hash Browns (Max of 2) \$1.00



DRINKS

- Water \$1.50
- 250ml Sanitarium Up & Go (Chocolate or Vanilla) \$2.50
- Fruit Juice Box (Apple / Tropical / Apple & Blackcurrant) \$1.50
- 250ml Chocolate Milk \$2.50
- 250ml Juice Bombs (Apple & Raspberry / Grape / Watermelon) \$2.50
- Milkshakes (Lunch Only - Must pre order) (not available to Kindy or PP) \$1.50

Chocolate / Mango / Spearmint

****Remember to bring your lunch bag up to canteen to get your milkshake****



ICE-CREAMS (After 1.30pm) (not available to Kindy or Pre-Primary)
Ice-Creams and Frozen Yoghurts \$0.50 - \$1.50



Speak with our Manager, Eryn or call on 0406 425 560 / 9796 5900 for:

- VOLUNTEERING:** We welcome volunteers any time, give Eryn a call 😊
- DONATIONS:** Donations to keep the breakfast program running are always welcome
- SPECIAL DIETARY NEEDS:** For Students and Staff, please phone or drop in to discuss any special dietary needs.

*** Every Day ***

HOT FOOD All \$4.50

- Pasta Bolognese (H/Made)
- Chicken Curry & Rice (mild) (H/Made)
- Sweet n Sour Chicken & Rice (H/Made)
- Spinach and Ricotta Ravioli (H/Made Sauce)
- Lasagna (H/Made)

#1 Seller \$5.00

- Crispy Chicken Wrap (carrot, lettuce, cucumber, cheese & mayo)

TOASTED SANDWICHES

(Bring your lunch bag to the canteen to collect)

- Cheese \$3.50
- Spaghetti / Baked Beans \$3.00
- Cheese & Spaghetti or Baked Beans \$3.50
- Ham & Cheese (Add tomato 0.50c) \$4.00
- Chicken, Cheese & Mayo \$4.00

SANDWICHES, ROLLS & WRAPS

Add 0.50c for a roll or wrap

- Salad (carrot, cucumber, tomato, lettuce) \$3.00
- Egg & Mayo or Curried \$3.50
- Ham & Salad \$4.50
- Chicken & Salad \$4.50
- Tuna & Salad \$5.00

ADD YOUR FAVOURITES:

- Carrot or Lettuce \$0.20
- Cucumber \$0.30
- Beetroot, Pineapple or Tomato \$0.50
- Egg or Cheese \$1.00
- Make it gluten free \$1.00

**** Change to a Juice Bomb in your Lunch Box Add \$1.50**

**** LUNCH BAGS 5c each (10 for 50c, 20 for \$1)**

*** Daily Specials ***

MONDAY

- Lunch Box \$6.00**
3 Dino Nuggets / sauce with small spinach/ham/cheese quiche, Two Fruits, chocolate mousse and juice box
- Yummy Drummy's \$1.50**
Add a sauce sachet for 0.50c

TUESDAY

- Make Your Own Lunch Box \$6.00**
with juice box

Choose 1 from each column

Main	Snack1	Snack2	Snack3
Popcorn Chicken	Hash Brown	Choc Mousse	Weetbix Slice
Mini Hotdog	Corn Cob	Custard	Muffin
Nacho	Carrot & Cucumber Sticks	Yoghurt	Popcorn

WEDNESDAY

- Lunch Box \$6.00**
2 Chicken Yummy Drummy with wedges, celery/carrots/cherry tomatoes and cheese cubes and juice box
- Party Pie \$1.50**
Add a sauce sachet for 0.50c

THURSDAY

- Lunch Box \$6.00**
Ham/Cheese Surprise Shaped Swich with fruit muffin, grapes, yoghurt pouch box

FRIDAY Burger Day

- Hamburger \$6.00**
Lettuce, Carrot, Cucumber, Cheese and Tomato Sauce
- Grilled Chicken Burger \$6.00**
Lettuce, Carrot, Cucumber Cheese and Mayo
- Grilled Chicken Bacon Burger \$6.00**
Lettuce, Cheese, Bacon and BBQ Sauce
- Sausage Roll \$4.00**
Add a sauce sachet for 0.50c