

# KENTHURST KITCHEN



## 2009 SUMMER MENU



### **FILL THE MENU:**

Encourage and promote these foods. These foods are good sources of nutrients, contain less saturated fat and / or added sugar and salt and help to avoid an intake of excess energy (kj).

### **SELECT CAREFULLY:**

Do not let these foods dominate your selections. These foods have some nutritional value, have moderate levels of saturated fats and / or sugar and salt and can, in large amounts, contribute to excess energy (kj).

### **OCCASIONALLY:**

Only purchase twice a term. These foods lack adequate nutritional value, are high in saturated fat and / or sugar and salt and can contribute to excess energy (kj).



### **PLEASE REMEMBER:**

- The canteen is open Monday, Thursday and Friday.
- Recess orders are strongly recommended in order to ensure the best quality produce.
  - A separate bag is required for recess orders.
- Recess orders need to be picked up from the canteen by the child.
- Read the News Patch and the notice board for specials and changes to the menu.
- If your child receives a bill from the canteen – payment is required as soon as possible.



*Menu effective from Term 4 2009*

## SNACKS (available at recess & lunch)

Fresh fruit salad cup		\$1.00
Slinky apple		\$0.80
Slinky apple – BYO		\$0.20
Cup of rice (soy sauce optional)		\$0.80
Frozen Pineapple or Orange ¼		\$0.20
Mini ice block		\$0.20
Garlic Bread		\$0.50
Red Deli Rock Chips – Honey soy chicken/Sea salt		\$1.20
Jumpys – Cheese/Salt		\$0.70
Ovalteenies		\$0.80
Hello Panda		\$0.60
JJ mini snacks		\$0.40
Jelly Joys		\$0.20

## Drinks (recess & lunch)

Water - 350 ml		\$1.00
- 600 ml		\$1.50
100% Juice Poppers – orange/apple		\$1.50
Plain milk		\$1.50
Flavoured Milk – chocolate/strawberry		\$2.00
Aroona		\$1.50

## SNACKS (Available at lunch time only)

Icy Bites (99% fruit)		\$0.60
Frozen Yoghurt Tub – (mango/peach & strawberry)		\$1.80
Icy Twist		\$1.00
Mini Calippo		\$1.00
Paddle pop		\$1.50
Frozen Thick shakes - chocolate		\$1.80

## LUNCH

<b>Lunch order bags</b>	<b>\$0.10</b>
<b>Fork or Spoon (extra)</b>	<b>\$0.10</b>
<b>Tomato Sauce sachet</b>	<b>\$0.20</b>

### Hot Food

<b>Garlic Bread</b>	<b>\$0.50</b>
<b>Hash Brown</b>	<b>\$0.80</b>
<b>Yummy Drummy</b>	<b>\$1.00</b>
<b>Lite Meat Pie</b>	<b>\$2.50</b>
<b>Lite Sausage Roll</b>	<b>\$2.20</b>
<b>Mini Pizza – (ham/pineapple or cheese/bacon)</b>	<b>\$2.20</b>
<b>Noodles (chicken or beef)</b>	<b>\$2.20</b>
<b>Corn Cob</b>	<b>\$0.80</b>



### Burgers

<b>Plain – (beef patty, tomato, lettuce, beetroot and sauce)</b>	<b>\$2.70</b>
<b>Cheese burger (as above plus lite cheese / no beetroot)</b>	<b>\$3.00</b>
<b>Chicken burger – (chicken patty, lettuce &amp; mayonnaise)</b>	<b>\$3.50</b>

### Salad Packs

<b>Salad Box – (lettuce, carrot, beetroot, cucumber, tomato)</b>	<b>\$2.50</b>
<b>Add– chicken, ham, tuna, salmon or egg</b>	<b>ea \$0.60</b>

### Sandwiches (wholemeal bread)

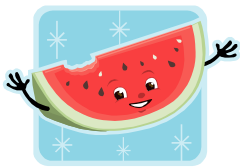
<b>Vegemite</b>	<b>\$1.50</b>
<b>Honey</b>	<b>\$1.50</b>
<b>Tomato</b>	<b>\$1.70</b>
<b>Cheese</b>	<b>\$1.80</b>
<b>Egg</b>	<b>\$2.00</b>
<b>Ham</b>	<b>\$2.10</b>
<b>Salad - (lettuce, carrot, beetroot, cucumber &amp; tomato)</b>	<b>\$2.50</b>
<b>Chicken, Tuna or Salmon</b>	<b>\$2.50</b>
<b>Extras (for any of the above):</b>	
Roll or toasting	\$0.50
Chicken, ham, tuna, salmon or egg	\$0.60
Cheese	\$0.30
Lettuce, carrot, beetroot, cucumber, tomato	\$0.20





**Remember when shopping for your fruit and vegetables shop locally**

**at**



**Kenthurst Gourmet Greengrocer  
Kenthurst Village**



**Thank you Jamie & Justin  
for supporting our school & contributing to our healthy school  
canteen.**