

**PARKHILL PRIMARY SCHOOL**  
**CANTEEN PRICE LIST – July 2008**



**SANDWICHES & ROLLS**

	Sandwich	Roll
Vegemite	1.60	1.90
Vegemite & Cheese	2.30	2.60
Tomato	2.10	2.40
Cheese	2.10	2.40
Egg	2.50	2.80
Ham	2.70	3.20
Chicken Loaf	2.70	3.20
Cheese and Salad	3.60	4.00
Ham & Salad	4.20	4.40
Tuna & salad	4.20	4.40
Chicken & Salad	4.20	4.40
Egg & Salad	4.20	4.40

[Margarine & wholemeal bread is used, unless otherwise requested]

**Extras**

Toasted	0.80
Carrot, lettuce, tomato	0.90 each
Cheese, Beetroot	0.90 each
Mayonnaise, sauce, pickles	0.80 each

**COLD NUTRILUNCH**

Cheese and Salad Sandwich, apple & prima	\$5.70
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**WRAP**

Salad	\$4.00
Ham & Salad	\$4.40
Tuna & Salad	\$4.40
Chicken burger & Salad	\$4.70
Lettuce, Tomato, cheese, beetroot, carrot & mayo)	

**HOT NUTRILUNCH**

Spaghetti or Lasagne, apple & prima	\$5.70
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**SALADS**

Salad Plate – Lettuce, tomato, cheese, egg, beetroot, carrot & slice of bread. (mayo on request)	5.10
Salad plate with Ham, chicken or tuna	6.10
Fresh Fruit Salad (in container with spoon)	2.60
Fresh Fruit (apples, oranges)	1.50

**HOT FOOD**

Lasagne	3.30
Spaghetti	3.30
Baked Jacket Potatoes – plain	2.20
- with tasty cheese	3.50
Fried Rice – vegetarian	3.60
Fried Rice – with bacon	3.60
Chicken burger – Lettuce & Mayo	3.30
Chicken burger – Lettuce, Cheese & Mayo	3.70
Meat Pie	3.30
Shepherd's Pie	3.40
Cheese and Vegetable Pastie	3.50
Sausage Roll	2.30
Party Pie	1.00
Hot Dog	3.30
Dim Sim steamed with soy sauce	0.80

[All prices above include sauce]

Pizza Single – Ham & Pineapple	2.20
Fantastic Noodles - Beef or Chicken	2.50

**SNACKS**

Small Fruit Bar	0.40
Popcorn (cheese flavoured)	0.90
Popcorn (butter flavoured)	0.90
Bag of Glucose Lollies	0.80
Yoghurt Snakes	0.15
Raspberry Twists	0.20
Sunfruit Long Snake	0.40
Real Fruit Bears	0.05

**CAKES AND SLICES**

Carrot Cake	1.90
Wholemeal Fruit Cake	2.30
Chocolate Chip Cookie (large)	2.50
Chocolate Chip Cookie (half)	1.25
Chocolate Chip Muffin	2.50

**FROZEN SNACKS and DESSERTS**

Strawberry Lite Yoplait (with spoon)	2.10
Sunny Boys	0.90
Zooper Doopers	0.70
Quelch Fruit Stick	0.70

**DRINKS**

Milk (plain in cup) Rev low fat	1.30
Big M – 300ml - strawberry, chocolate, etc	2.20
Prima Fruit Juice – 250ml	1.30
Just Juice 100% Orange, Paradise Punch	1.50

**Canteen Procedures**

The school canteen provides lunch orders every day. Lunch orders are to be placed before school and delivered to the classroom in time for lunch at 1.00pm. The canteen is open for over counter sales each day from 1.10pm to 1.30 pm.

**Placing of Lunch orders**

Write your child's order on front of a paper bag or envelope with

- . Your child's full name and grade
- . Enclose the correct money (if possible)
- . Include 5 cents for a bag if not supplied with order

Place your child's order in the blue canteen box near the office by 9.30am.

<b>Good Food</b>	- High energy
	- Low fat
<b>Occasional Food</b>	- Moderate
<b>Treats</b>	- Low energy
	- High fibre