The BIG Bite

Little Grove Primary School Canteen
Manager: Jo McLennan
9844 4888 work - 9844 4512 home
jandjmclennan@bigpond.com

Menu effective from 30th April 2014

Winter Menu

Open: Wednesdays & Fridays

All food available these days

Items marked with + are Green on the ‘Traffic Light System’
All other items are Amber
(see over for more details)

SANDWICHES & ROLLS +
Sandwiches, Rolls and Toasties*
available in White & Wholemeal
Please state preference on lunch bag
*Add 60¢ extra for rolls to the prices below
*Toasties only available Term 2 & 3

Tuna ...............................................................$2.70
Tuna & Salad ..............................................$3.30
Ham (97% fat free) ......................................$2.70
Ham & Salad ..............................................$3.30
Ham & Cheese .........................................$3.10
Ham, Cheese & Tomato ..............................$3.30
Chicken ......................................................$2.70
Chicken & Salad .......................................$3.30
Chicken & Cheese ......................................$3.20
Cheese .......................................................$2.70
Cheese & Salad .........................................$3.30
Cheese & Tomato .......................................$2.90
Plain Egg or Curried Egg ............................$2.50
Plain Egg or Curried Egg & Lettuce ..........$2.70
Vegemite ....................................................$1.70
Salad ..........................................................$2.70
Baked Beans ..............................................$3.00
Spaghetti ....................................................$3.00

Salad in Sandwiches and Rolls consists of
Lettuce, Tomato, Carrot & Cucumber
Gluten Free Chicken Available
PLEASE ADVISE IF PREFERRED ON LUNCH ORDER

DRINKS
Juice Box Tropical, Orange or Apple flavours ....$1.20
LOL (various flavours) 300ml ........................$2.50
Spring Water 600ml .................................$1.20
Milk (Plain) 300ml .....................................$1.50
Choc Milk, Strawberry Milk 300ml + ..........$2.50
MILO (recess only) + .................................$1.50

ICE-CREAMS - Available at lunch time only
Paddle Pop (various flavours) .....................$1.50
Vanilla Bucket (Lite) - Gluten Free..............$1.50
Frozen Fruit Stick .....................................$0.50
- Half Size ...............................................$0.25

BURGERS +

YUMBO - Ham, Cheese ........................................$3.50
BIG MONSTER BURGER (BMB) All ..........$4.80
Chicken - Cheese, lettuce, carrot, cucumber, tomato,
beetroot, mayo
Beef - Cheese, lettuce, carrot, cucumber, tomato,
beetroot, tomato sauce
Fish - Cheese, lettuce, carrot, cucumber, tomato, beetroot, mayo

Wholemeal or White Roll - Please state preference on lunch bag

PLATTERS +

SALAD ...........................................................$3.50
Carrot, lettuce, cucumber, tomato, cheese, beetroot
MINI SALAD ..................................................$2.00
Carrot, lettuce, cucumber, tomato, cheese, beetroot
CHICKEN & SALAD .......................................$4.60
Carrot, lettuce, cucumber, tomato, cheese, beetroot
HAM & SALAD .............................................$4.60
Carrot, lettuce, cucumber, tomato, cheese, beetroot
Egg extra 60 cents for whole

PASTRIES / HOT FOOD

Mrs Mac’s Sausage Roll ..........................$3.00
Chicken, Cheese & Corn Sausage Roll .......$3.00
Yummy Drummy (max. order of two) ..........each $1.20
Lite Party Pie (max. order of three) ..........each $1.20
Sauce .........................................................$0.30
Pizza Single (Bacon and Cheese) ..........$3.00
Chicken Lasagne + .................................$3.50
Twista Bolognese + .................................$3.50
Macaroni & Cheese (Vegetarian) + ..$3.50
Fried Rice + ................................................$3.50
Sweet Chilli Chicken Wrap .......................$4.00
(includes lettuce, carrot & cheese)

MEAL DEALS

Chicken Lasagne & LOL .........................$5.50
Twista Bolognese & LOL .................$5.50
Fried Rice & LOL .................................$5.50
Macaroni & Cheese (Vegetarian) & LOL ..$5.50
Sweet Chilli Chicken Wrap & Flavoured Milk $6.00

+ Available at lunch time only
** VOLUNTEERS **

We are always looking for volunteers. You can help out as often as you want or maybe just once a term, or on a special occasion like Sports Day. You may want to work with a friend or just be a fill-in when someone can’t make it. I am always busy first up in the morning and if you can only help for that first half hour, then that’s great. Just ring or email me, I really would appreciate your help.

Times we are looking at covering are:

- 9.00am to 1.30pm
- 8.30am to 9.00am

For hygiene and safety, please remember to wear closed in shoes and a hat! Many thanks

Jo McLennan - Manager
9844 4888 work - 9844 4512 home

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** AVAILABLE AT RECESS (varies daily) **

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slinkies</td>
<td>50¢ - 80¢</td>
</tr>
<tr>
<td>Seasonal Fruit</td>
<td>prices on blackboard</td>
</tr>
<tr>
<td>Cheesies</td>
<td>$1.00 - $1.50</td>
</tr>
<tr>
<td>Hash Browns (max. of two)</td>
<td>50¢</td>
</tr>
<tr>
<td>Jelly Cups (with 1/3 cup tinned fruit)</td>
<td>$1.00</td>
</tr>
<tr>
<td>Pikelets</td>
<td>20¢</td>
</tr>
<tr>
<td>Muffins (Lemon &amp; Vanilla Yoghurt or Pumpkin)</td>
<td>50¢</td>
</tr>
<tr>
<td>Oat, Apple &amp; Coconut Biscuits</td>
<td>20¢</td>
</tr>
<tr>
<td>Popcorn (Gluten Tolerant)</td>
<td>small bag 10¢ large bag 20¢</td>
</tr>
<tr>
<td>Chocolate Cake with Apple or Red Kidney Beans</td>
<td>50¢</td>
</tr>
<tr>
<td>Perfect Chicken Bites (Oriental &amp; Southern Style flavours)</td>
<td>50¢</td>
</tr>
<tr>
<td>Muffin &amp; MILO Deal</td>
<td>$1.80</td>
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</tbody>
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Sometimes we do mix up orders. Please let your child know that it's ok to come and tell us. We will always try to make it right !!!

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Little Grove Primary School Canteen

Follows the Guidelines of the Western Australian Department of Education and Training Policy and Standards for Healthy Food and Drink Choices

Standards are based on the Traffic Light System:

- **Green** – Fill the menu with foods that have salads or fruits i.e.: meat & salad sandwiches & plates, burgers with salad, fruit on a stick
- **Amber** - Select carefully by allowing only certain choices on certain days i.e. pies, yummy drummies, hash browns and ice-creams
- **Red** – Little Grove Canteen does not have any red food of choice eg: deep fried foods, creamed buns, cakes with icing, etc

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Lunch bags available at canteen - 5 cents each
Please write your Full Name, Room No and Lunch Order
Please wrap money securely before enclosing in bag

Salad in Sandwiches & Rolls consists of lettuce, tomato, carrot, cucumber
Please add 60 cents for extra cheese or egg to your sandwich
Please add 30 cents for any other filling

Sandwiches are one slice white, one slice wholemeal **unless** you state otherwise on your order
Rolls are white **unless** otherwise stated on menu

Please ensure you let us know your preferences when ordering