

# Ivanhoe Primary School Canteen

## Summer Price List for Term 4 2009

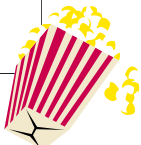
Consistent with offering healthier food options to the children at our school, most of the food items at the canteen are now lower in fat, salt and sugar. There is an extensive list of freshly made sandwiches, rolls, wraps, sushi and rice paper rolls available daily. Hotdogs are fat-reduced and served in a wholemeal roll.

1. Please clearly print your child's name, grade and room number on a LARGE, CLEAN paper bag.
2. Money should be securely wrapped inside the bag. THIS IS A HEALTH REGULATION.

### ORDERS TO REACH CANTEEN BY 9.30AM. RESTRICTED MENU APPLIES TO LATE ORDERS

As part of our involvement with the Sustainable Schools Program, we encourage children to bring their own re-usable, size-appropriate containers when ordering a canteen lunch. Simply write the order on a piece of paper and stick it to the lid of the container.

WRAPS, SANDWICHES AND ROLLS			
Salad	3.00	Vegetemite	1.20
Fresh Roast Chicken	3.00	Cheese	2.00
Fresh Roast Chicken and Salad	3.50	Ham	2.00
Lean Ham and Salad	3.50	Egg and Lettuce	3.00
Tuna and Salad	3.50		
Rolls 25c extra. Wraps 40c. Add 20c for each combination.			
SALAD BOWL- Choose your favourite salad items, includes bread			3.50
SUSHI- Chicken Teriyaki, Vegetarian, Tuna, Crab, Salmon			2.50
RICE PAPER ROLLS- Vegetarian or Beef			2.50
HOT FOOD			
Mini Quiches (quiche lorraine)	1.00	Steamed Dim Sims	.50
Pizza - Tropical or Marguerita	3.00	Corn on the Cob	.60
Hot Dog	3.00		
Spaghetti- Beef or Vegetarian	3.00		
Lasagne- Beef	3.00		
Macaroni Cheese	3.00		
Cheeseburger	3.50		
Chicken burger	3.00		
SNACKS:		FRUIT AND VEG:	
Popcorn—plain	1.00	Fruit Salad	1.20
Rice Crackers	.50	Carrot/Celery/Cucumber sticks	.50
Choc Chip Muffin	1.00	Dried fruit—apricots	.50
Fruit Muffin	1.50		
Cheese stick	.50		
Go Gurt Yogurt	.50		
FROZEN ITEMS:		DRINKS:	
Frozen fruit cup	.50	Original Orange/ Apple Juice	1.20
Billabongs	1.40	Plain Milk	1.00
Lemonade icy poles	.80	Up and Go Low Fat Milk - vanilla	1.50
Milo	1.00	Low Fat Big M - strawberry, chocolate	1.50
Milo cup	1.50		
Vanilla Dixie	1.00		
Frozen Pineapple	.50		
Frozen Watermelon	.50		
Frozen Raspberries	.50		
SUMMER SPECIALS			
Watch out for regular summer specials throughout terms 1 & 4			
Continued Overleaf...			



**Please note:**

1. If insufficient money in bag, snack foods will be omitted.
  2. A bag can be added to the cost of the lunch at an extra 10c.
- Pre- printed lunch bags can be purchased from the canteen @ \$2.00 for 50.

**DIETARY GUIDELINES FOR CHILDREN AND ADOLESCENTS INCLUDE:**

***Children and adolescents need sufficient nutritious food to grow and develop normally***

- Growth should be checked regularly for young children
- Physical activity is important for all children and adolescents

***Enjoy a wide variety of nutritious foods***

***Children and adolescents should be encouraged to-***

- Eat plenty of vegetables, legumes and fruits
  - Eat plenty of cereals including breads, rice pasta and noodles, preferably to wholegrain
  - Include lean meat, fish, poultry and/ or alternatives
  - Milks, yoghurt, cheese and/ or alternatives
- Choose water as a drink

***And care should be taken to:***

- Limit saturated fat and moderate total fat intake
  - Choose foods low in salt
- Consume only moderate amounts of sugars and foods containing added sugars.

***Care for your child's food: prepare and store it safely.***