

## Fruit and Vegetable Snacks

Crazy carrot sticks bag of	1.00
Apple or pear lunch box size	1.00
Orange smiles bag of orange wedges	1.50
Tub of rhubarb & apple or peaches	2.50
Tub of fresh fruit salad	small: 2.50      large: 5.00

## Other Snacks

Cereal Munch bag of	0.60
Muffin (reduced fat) banana & sultana, chocolate, blueberry	1.50
Pikelet buttered only, vegemite, jam	1.50
Anzac cookie homemade, rolled oats & sultanas	2.00
Popcorn	2.50

## Ice Blocks (99% juice)

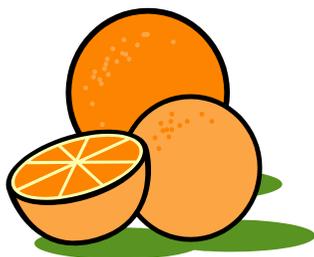
Frozen Juice Stick	1.00
Fruit slushie	2.00

## Yoghurt / Custard / Ice Creams (milk based, reduced fat)

Greek yoghurt tub	2.50
Vanilla or chocolate custard tub	2.50
Fruit with yoghurt or custard cup	2.50
Yoghurt muesli cup	2.50
Moosie (chocolate or strawberry)	2.00
Vanilla ice cream tub	2.50

## Drinks

Milk, reduced fat, 250ml	3.00
- chocolate, strawberry, honeycomb	
Fruit Juice, 100% juice	3.00
- apple, orange, apple & blackcurrant	
Spring Water	
- 390ml / 600ml	1.50 / 2.00



# Seaview Downs Primary School

## Seahorse Cafe Winter Menu

Effective Week 6 Term 2, 2018

The Canteen Menu provides healthy and nutritious food and drinks consistent with **the South Australian Right Bite Healthy Food & Drink Supply Policy for Schools and Preschools.**

All items on this Menu fit into the **GREEN** and **AMBER** sections of the **Right Bite Food Spectrum.**

**This menu aims to support, promote and model healthy eating habits by:**

**Promoting fruit and vegetables**

**Encouraging healthy grains/cereal foods, particularly whole grains** (the Canteen uses wholemeal bread).

**Promoting dairy (milk)**, using reduced fat dairy where possible. Ice creams all meet the Right Bite criteria and are milk based.

**Ensuring that all juice and frozen juice** products are 99% or 100% juice, with a serve size of 250ml or less.

**The Canteen is open Tuesday to Friday**  
**Closed Mondays**

**To Order Lunch from the Canteen:**

### To Order Online:

1. Go to [www.munchmonitor.com](http://www.munchmonitor.com)
2. Login to your account
3. Go to **MY ORDERS** page
4. Choose **CANTEEN** from the dropdown box.
5. Select student
6. Select school day (eg FRI MENU)
7. Select items
8. Finalise & submit your order
9. Order cut-off is **9AM** on the day of the order

### To Order using the Brown Bag System:

1. Write your **student's name** and **room number** onto a large paper lunch bag.
2. Select items, and write these onto the bag.
3. Enclose the correct money if possible.  
For hygiene reasons please wrap the lunch money before placing the money in the bag.
4. **Place the lunch order in the Class Lunch Crate at start of the day.**
5. To request more lunch bags, write **"More Bags Please"** onto your lunch order bag.

The canteen caters for a range of **Special Dietary Requirements.**

Contact Canteen Manager for further details.

## Sandwiches / Toasties / Rolls

Gluten free bread/rolls/wraps available on request

1 filling, sandwich or toastie	<b>3.50</b>
1 filling, roll	<b>4.00</b>
Extra salad filling add	<b>0.50</b>
Extra protein filling add	<b>1.00</b>
Avocado add	<b>1.50</b>
Mixed salad filling (lettuce, tomato, carrot, cucumber) add	<b>1.50</b>

### Salad Filling Options:

Lettuce	Carrot
Tomato	Cucumber
Beetroot	Spinach

### Protein Filling Options:

Ham	Egg
Cheese <sup>H</sup>	Tuna
Chicken	Baked Beans

### Condiments

Tomato / bbq sauce, mayonnaise (reduced fat), dijonnaise mustard, sweet chilli, salsa	<b>0.30</b>
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## Wraps

Cheese & salad wrap	cheese, avocado, lettuce & carrot	<b>5.50</b>
Ham wrap	ham, lettuce, carrot & dijonnaise mustard	<b>5.50</b>
Hot chicken tender wrap	hot chicken tender, lettuce, carrot & tomato salsa	<b>5.50</b>
Hot & spicy wrap	spiced chickpea & pumpkin buttons, tomato, lettuce & yoghurt	<b>5.50</b>
Quesadilla wedges	cheese or ham & cheese	full (x4): <b>6.00</b>
	a crispy tortilla sandwich of melted cheese, spinach +/- ham, cut into wedges	half(x2): <b>4.00</b>

## Finger Salad Bag / Salad Box

Lettuce, cucumber, celery & carrot sticks	<b>2.50</b>
Lettuce, tomato, cucumber, carrot & celery sticks with one of the following: ham or chicken or tuna or egg with cheese	<b>6.50</b>

## Hot Dog / Pita Pocket / Sub / Burger

Hot dog with or without sauce	<b>4.50</b>
Chicken pita pocket	<b>5.50</b>
	chicken pattie <sup>H</sup> , lettuce, tomato & mayo
Meatball sub	<b>6.00</b>
	beef meatballs in a wholegrain roll with Napolitaine sauce, shredded lettuce & cheese
Aussie beach burger	(beef or veggie) <b>7.00</b>
	beef <sup>H</sup> or veggie pattie in a wholegrain roll with lettuce, tomato, carrot, beetroot & tomato sauce

## Savoury Pastries (reduced fat and salt) with/without sauce

Sausage Roll, 120g	<b>4.80</b>
Pie, 120g	<b>4.80</b>

## Home-Made Pizza / Rounders / Spud

Home-made pizza	<b>4.50</b>
	meat-lovers; ham or chicken with pineapple & pizza veg; margarita
Potato rounders with tub of sweet chilli or tomato dipping sauce	<b>4.50</b>
Baked spud, topped with cheese and one of the following:	<b>7.00</b>
	baked beans; bolognaise; ham or chicken with pineapple & corn; avocado, corn & tomato salsa

## Corn Cob / Soup

Corn cob	<b>1.50</b>
Home-made chunky chicken noodle & veg soup	<b>6.00</b>
Home-made pumpkin, potato & leek soup (using school grown produce)	<b>5.00</b>
Add to soup: buttered dinner roll or home-baked cheese stick	<b>1.50</b>

## Rice / Pasta

GFA: Gluten free available + \$1; GF: Gluten Free; H: Halal Certified

Sushi roll (tuna, avocado & corn) <sup>GF</sup>	<b>4.50</b>
Honey soy chicken with rice, peas & corn <sup>GF</sup>	<b>5.50</b>
Butter chicken <sup>H</sup> (mild chicken curry with rice, tomato, coconut & pineapple)	<b>6.00</b>
Lasagne, beef <sup>H</sup> , GFA	<b>5.50</b>
Lasagne, vegetarian <sup>H</sup>	<b>5.50</b>
Macaroni cheese <sup>H</sup> , GFA	<b>5.50</b>

## Winter Meal Deals



<b>Toastie Deal</b>	Cheese toastie with a flavoured milk	<b>6.00</b>
<b>Quesadilla Deal</b>	2 x Quesadilla wedges with a corn cob & small water	<b>6.00</b>
<b>Pizza Deal</b>	Any pizza with a juice	<b>6.50</b>



## 'Winter Warmers' Recess Specials

<b>Tuesday:</b>	<b>Hot Banana Pancake topped with yoghurt or custard</b>	<b>2.50</b>
<b>Wednesday:</b>	<b>Freshly Baked Muffin or Cheese Stick with Milo</b>	<b>2.50</b>
	Warm milk Milo with a freshly baked muffin or cheese stick	
<b>Thursday:</b>	<b>Tub of Penne Pasta with Tomato Sauce</b>	<b>2.50</b>
	Tub of penne pasta with tomato-sauce, topped w/shredded cheese	
<b>Friday:</b>	<b>Hot buttered Bagel (school size)</b>	<b>2.50</b>