

Fruit and Vegetable Snacks

Crazy carrot sticks bag of		1.00
Apple or pear lunch box size		1.00
UFO frozen pineapple ring		1.50
Frozen grapes, bag of		2.00

Other Snacks

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

Ice Blocks (99% juice)

Frozen juice stick		1.40
Frozen juice cup (orange or apple & blackcurrant)		1.50

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

Moosie		2.50
Frozen yoghurt tub		2.50
Vanilla ice cream tub		2.50
Vanilla or chocolate custard tub		2.50
Greek yoghurt tub		2.50
Peaches with yoghurt or custard cup		2.50

Drinks

Milk, reduced fat, 250ml		3.50
- chocolate, strawberry, honeycomb		
Fruit Juice, 100% juice		3.50
- apple, orange, apple & black currant		
Spring Water		
- 390ml / 600ml		1.50 / 2.00



Government of South Australia
Department for Education

Seaview Downs Primary School

Seahorse Cafe Menu

Effective Week 1 Term 2, 2019

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 Wednesday and Friday
Closed Monday, Tuesday and Thursday**

To Order Lunch from the Canteen:

To Order Online:



1. Go to 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 **09:00 AM** 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.

Sandwiches / Toasties / Rolls

Gluten free bread/rolls/wraps available on request

1 filling, sandwich or toastie		3.50
1 filling, roll		4.00
Extra salad filling add		0.50
Extra protein filling add		1.00
Avocado add		1.50
Mixed salad filling (lettuce, tomato, carrot, cucumber) add		1.50
Tuna Sandwich or Toastie		4.00
Tuna Roll		4.50

Salad Filling Options:

Lettuce Carrot Tomato
Cucumber Pineapple Beetroot

Protein Filling Options:


Ham Egg
Cheese^H Chicken
Baked Beans



Condiments

Tomato sauce, mayonnaise (reduced fat), dijonaise mustard, sweet chilli, bbq **0.30**

Wraps

Cold ham or chicken wrap		5.50
ham/chicken with lettuce, carrot & dijonaise mustard/cranberry		
Hot chicken tender wrap		5.50
hot chicken tender, lettuce, carrot & tomato salsa		

Finger Salad Bag

Lettuce, cucumber, celery & carrot sticks, in a bag **2.50**

Hot Dog / Pita Pocket / Sub

Hot dog (plain, tomato or bbq sauce)	4.50
Chicken pita pocket (chicken pattie ^H , lettuce, tomato & mayo)	5.50
Meatball sub	6.00
beef meatballs in a wholegrain roll with Napoletana sauce, shredded lettuce & cheese	

Home-Made Pizza

Home-made pizza **4.50**
meat-lovers; ham or chicken with pineapple & pizza veg; margarita

Rice / Pasta

GFA: Gluten free available + \$1.50; GF: Gluten Free; H: Halal

Honey Soy Chicken with rice, peas and corn, 250g	6.00
Lasagne, Beef ^{GFA} , 200g	5.50
Lasagne, Vegetarian 200g	5.50
Macaroni cheese ^{GFA} , 200g	5.50

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

Sausage Roll, 120g	5.00
Pie, 120g	5.00



Summer Meal Deals



Pizza Deal	Any pizza with a Moosie	6.50
Chicken Pita Pocket Deal	Chicken pocket with a frozen juice stick	6.50



Recess Specials



Wednesday:	Home-made Muffin or Cheese Stick with Icy Cold Cup of Milo	2.50
Friday:	Frozen Fruit Smoothie Cup of frozen fruit blended with yoghurt to give an icy, thick smoothie	2.50

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

Contact the Canteen Manager for further details.

* Halal approved/certified items. GFA: Gluten free varieties available on request