

# Eat ability Nutrition

## KIDS CAFÉ

Lunch specials that need ordering before school change weekly and will be posted on our facebook page, the skoolbag app and the chalk board outside the canteen.

Hot lunches	\$5.50
Hot lunches with water	\$6.00
Cold lunches	\$5.00
Cold lunches with water	\$5.50

### ROLLS / SANDWICHES FRESH OR TOASTED

Cheese	\$3.00
Cheese & tomato	\$4.00
Cheese & Pineapple	\$4.00
Salad	\$3.00
Ham	\$3.00
Ham and cheese	\$4.00
Ham & salad	\$4.00
Ham, cheese & tomato	\$5.00
Egg, lettuce & mayo	\$5.00
Curried egg, lettuce & mayo	\$5.00
Tuna, red onion and mayo	\$5.00
Pink Salmon, lettuce & mayo	\$5.00
Chicken, lettuce & mayo	\$5.00
Baked beans	\$3.00
Honey	\$2.00

Other specials like muffins, cookies and one off items for the day will be written on the canteen chalk board. So, remind the kids to check it out.

Starting in week 4, one day each week we will have sushi.

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\$2.00

### SALAD

Tossed with Italian dressing	\$3.00
(lettuce, tomato, cucumber, carrot, red onion, corn)	
Add Ham, chicken or egg	\$4.00
Add avocado, pineapple, beetroot, cheese	\$0.50 ea

### DRINKS

600ml water bottle	\$1.00
250ml juices	\$2.50
200ml juices	\$2.00
Moo milk poppers	\$2.50
Liddells plain milk	\$3.00
Milo poppers	\$3.00

### SNACKS

Chicken noodle snack	\$1.00
Rice wheels	\$2.00
Pretzels	\$1.50
Grain waves	\$2.00
Mcvities bars	\$2.50
Weet Bix Go bars	\$2.50
Popcorn	\$0.50
Bulla Frozen Yoghurt	\$1.50
Zooper Doopers	\$0.50
Yoghurt and granola	\$2.00
Jelly cups	\$1.00
Frozen fruit bag	\$1.00
Crunch and sip bag plus water	\$2.00

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Mixed veg bag	\$1.00
Fruit whole	\$1.00
Sultana box	\$1.00
Chobani yoghurt	\$3.00
Ovalteenies	\$1.00