



The Real Food Canteen

Week 7 Term 1 Friday 15th March, 2019

Canteen is a fun way to meet other school parents and get involved in our community. If you would like to volunteer to join our team in the canteen on Fridays 9.30-12.30 please contact Ros on 0418416726 or email roscoreyk@bigpond.com.

Wk7	15 th March	Bek	Carrie R	Lorissa	Jacqui B	Chicken Schnitzel Burgers	Shop - Belinda
Wk8	22 nd March	Ros	Maimiti	Nicola M	Ella C	San Choy Bao	Shop - Vicky
Wk9	29 th March	Lee	Bec Low	Shona	Krystal	Fried Rice	Shop - Ros
Wk10	NO CANTEEN – FAIR PREPARATION						

Place your orders and money in the box in the School Office by **3.30pm Wednesday- no orders on Thursday or Friday please**

PLEASE write your child's name and class on a zip lock bag (if you use) and we will return to your child to reuse

The Real Food Canteen				The Real Food Canteen				The Real Food Canteen			
Child's Name _____				Child's Name _____				Child's Name _____			
Year Group/Class name _____				Year Group/Class name _____				Year Group/Class name _____			
Teachers Name _____				Teachers Name _____				Teachers Name _____			
<small>Please note specific dietary requirements and any other messages for our volunteers:</small>				<small>Please note specific dietary requirements and any other messages for our volunteers:</small>				<small>Please note specific dietary requirements and any other messages for our volunteers:</small>			
Main Dish Chicken Schnitzel Roll				Main Dish Chicken Schnitzel Roll				Main Dish Chicken Schnitzel Roll			
<small>Chicken Breast Fillet coated in milk & breadcrumbs served on a roll with optional extras (circle below).</small>				<small>Chicken Breast Fillet coated in milk & breadcrumbs served on a roll with optional extras (circle below).</small>				<small>Chicken Breast Fillet coated in milk & breadcrumbs served on a roll with optional extras (circle below).</small>			
GF Option: Chicken Breast Fillet coated in milk & rice four served on GF bread with optional extras (circle below).				GF Option: Chicken Breast Fillet coated in milk & rice four served on GF bread with optional extras (circle below).				GF Option: Chicken Breast Fillet coated in milk & rice four served on GF bread with optional extras (circle below).			
		QTY	\$5.00			QTY	\$5.00			QTY	\$5.00
OPTIONAL EXTRAS (please circle)				OPTIONAL EXTRAS (please circle)				OPTIONAL EXTRAS (please circle)			
<i>Mayonnaise</i>	<i>Tomato</i>	<i>Lettuce</i>	<i>GF</i>	<i>Mayonnaise</i>	<i>Tomato</i>	<i>Lettuce</i>	<i>GF</i>	<i>Mayonnaise</i>	<i>Tomato</i>	<i>Lettuce</i>	<i>GF</i>
Toasted Sandwich				Toasted Sandwich				Toasted Sandwich			
OPTIONS (please circle)				OPTIONS (please circle)				OPTIONS (please circle)			
		QTY	\$3.00			QTY	\$3.00			QTY	\$3.00
Ham	Cheese	Tomato		Ham	Cheese	Tomato		Ham	Cheese	Tomato	
GF Bread	DF Cheese			GF Bread	DF Cheese			GF Bread	DF Cheese		
Drinks				Drinks				Drinks			
		QTY				QTY				QTY	
Sparkling Spring Water 500ml	GFDF		\$1.00	Sparkling Spring Water 500ml	GFDF		\$1.00	Sparkling Spring Water 500ml	GFDF		\$1.00
Apple Juice	GFDF		\$1.00	Apple Juice	GFDF		\$1.00	Apple Juice	GFDF		\$1.00
Orange Juice	GFDF		\$1.00	Orange Juice	GFDF		\$1.00	Orange Juice	GFDF		\$1.00
Plain Milk	GF		\$1.00	Plain Milk	GF		\$1.00	Plain Milk	GF		\$1.00
Chocolate Milk			\$1.00	Chocolate Milk			\$1.00	Chocolate Milk			\$1.00
Strawberry Milk			\$1.00	Strawberry Milk			\$1.00	Strawberry Milk			\$1.00
			Total				Total				Total

We offer fresh pieces of fruit and vegetables for free!!

Snacks and treats available to buy at the window:

\$1.50 / each	\$1.00 /each	50c /each
Bulla Frozen yogurt	Smooze Fruit Ice (Frozen)	Jelly
	Annie's Natural Fruit Leather	Popcorn
	Chocolate and yoghurt coated rice cakes	Plain chips
	Freeze dried fruit various flavours	Pretzels