

The Real Food Canteen

Week 9 Term 1 Friday 29th 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.

Wk	29 th March	Lee	Lee Bec Low S		Krystal	Fried Rice	Shop - Ros	
Wk1	0 5 th April	NO CANTEEN – FAIR PREPARATION						
Wk1	1 12 th April	Ros	Vicky	Linda	Lauren A	Pizza	Shop - Vicky	

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 Foo	The Real Food Canteen				The Real Food Canteen								
Child's Name				Child's Name				Child's Name					
Year Group/Class	Year Group/Class name				Year Group/Class								
Teachers Name				Teachers Name				Teachers Name					
Please note specific dietary requirements volunteers:	and any oti	her messa	ages for our	Please note specific dietary requivolunteers:	uirements and ang	y other me	ssages f	or our	Please note specific dieta our volunteers:	ry requirements ar	nd any oth	er messa	ages for
Main Dish F	ried Ric	e		Main Dish	Fried	l Rice			Main Dish	Frie	d Rice		
Steamed rice, lightly fried with onions, car corn kennels, chicken, bacon, soy sauce			nrooms,	Steamed rice, lightly fried with or kennels, chicken, bacon, soy sar			ushroom	s, corn	Steamed rice, lightly fried corn kennels, chicken, ba				nrooms,
Vegetarian: Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, soy sauce and bush spices.				Vegetarian: Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, soy sauce and bush spices.				Vegetarian: Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, soy sauce and bush spices.					
	QTY		\$5.00	1		QTY		\$5.00			QTY		\$5.00
GF (Please note: this variation will have no chicken)				GF (Please note: this variation will have no chicken)			GF (Please note: this variation will have no chicken)						
Toasted Sandwich				Toasted Sandwich				Toasted Sandwich					
OPTIONS (please circle)	QTY		\$3.00	OPTIONS (please circle)		QTY		\$3.00	OPTIONS (please circle))	QTY		\$3.00
Ham Cheese		To	omato	Ham	Cheese		To	omato	Ham	Cheese	'	То	emato
GF Bread DF Cheese				GF Bread	DF Cheese				GF Bread	DF Cheese			
Drinks		QTY		Drinks			QTY		Drinks			QTY	
Sparkling Spring Water 500ml	GFDF		\$1.00	Sparkling Spring Water 500ml		GFDF		\$1.00	Sparkling Spring Water 50	00ml	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		