



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.

Wk9	29 th March	Lee	Bec Low	Shona	Krystal	Fried Rice	Shop - Ros
Wk10	5 th April	NO CANTEEN – FAIR PREPARATION					
Wk11	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 Food Canteen			The Real Food Canteen			The Real Food Canteen		
Child's Name _____ Year Group/Class name _____ Teachers Name _____ <small>Please note specific dietary requirements and any other messages for our volunteers:</small>			Child's Name _____ Year Group/Class name _____ Teachers Name _____ <small>Please note specific dietary requirements and any other messages for our volunteers:</small>			Child's Name _____ Year Group/Class name _____ Teachers Name _____ <small>Please note specific dietary requirements and any other messages for our volunteers:</small>		
Main Dish Fried Rice Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, chicken, bacon, soy sauce and bush spices. Vegetarian: Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, soy sauce and bush spices. QTY <input type="text"/> \$5.00 <i>GF (Please note: this variation will have no chicken)</i>			Main Dish Fried Rice Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, chicken, bacon, soy sauce and bush spices. Vegetarian: Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, soy sauce and bush spices. QTY <input type="text"/> \$5.00 <i>GF (Please note: this variation will have no chicken)</i>			Main Dish Fried Rice Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, chicken, bacon, soy sauce and bush spices. Vegetarian: Steamed rice, lightly fried with onions, carrots, capsicum, mushrooms, corn kennels, soy sauce and bush spices. QTY <input type="text"/> \$5.00 <i>GF (Please note: this variation will have no chicken)</i>		
Toasted Sandwich OPTIONS (please circle) QTY <input type="text"/> \$3.00 Ham Cheese Tomato GF Bread DF Cheese			Toasted Sandwich OPTIONS (please circle) QTY <input type="text"/> \$3.00 Ham Cheese Tomato GF Bread DF Cheese			Toasted Sandwich OPTIONS (please circle) QTY <input type="text"/> \$3.00 Ham Cheese Tomato GF Bread DF Cheese		
Drinks QTY Sparkling Spring Water 500ml GFDF \$1.00 Apple Juice GFDF \$1.00 Orange Juice GFDF \$1.00 Plain Milk GF \$1.00 Chocolate Milk \$1.00 Strawberry Milk \$1.00 Total			Drinks QTY Sparkling Spring Water 500ml GFDF \$1.00 Apple Juice GFDF \$1.00 Orange Juice GFDF \$1.00 Plain Milk GF \$1.00 Chocolate Milk \$1.00 Strawberry Milk \$1.00 Total			Drinks QTY Sparkling Spring Water 500ml GFDF \$1.00 Apple Juice GFDF \$1.00 Orange Juice GFDF \$1.00 Plain Milk GF \$1.00 Chocolate Milk \$1.00 Strawberry Milk \$1.00 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