



# THE REAL FOOD CANTEEN

Week 7, Term 3 Friday 6<sup>th</sup> September, 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 us via the SPS Canteen Facebook page or email Lorissa ([lorissasavary@live.com.au](mailto:lorissasavary@live.com.au)).

Term 3		Manager				Shopping	
Week 7	6 <sup>th</sup> September	Paula	Ella	Rachel		Belinda	Honey Soy Chicken
Week 8	13 <sup>th</sup> September	Lorissa	Ella	Narelle	Shannon	Vicky	San Choy Bao (Vegetarian Option)
Week 9	20 <sup>th</sup> September	<b>NO CANTEEN – GRANDPARENTS DAY</b>					
Week 10	27 <sup>th</sup> September	Vicky	Lorissa	Linda	Lee	Lorissa	Hot Dogs (Vegetarian Option)

**ORDERS & MONEY DUE INTO THE BASKET IN THE FRONT OFFICE BY 3.30 WEDNESDAY PLEASE - NO LATE ORDERS WILL BE ACCEPTED.**

<b>Student Name:</b>	<b>Student Name:</b>	<b>Student Name:</b>
<b>Teacher Name:</b>	<b>Teacher Name:</b>	<b>Teacher Name:</b>
Dietary Requirements:	Dietary Requirements:	Dietary Requirements:
<b>Honey Soy Chicken GLUTEN FREE</b> Chicken drumsticks marinated in honey, soy sauce, garlic, ginger & herbs & spices. Served with rice and a garden salad of tomato, lettuce & cucumber.	<b>Honey Soy Chicken GLUTEN FREE</b> Chicken drumsticks marinated in honey, soy sauce, garlic, ginger & herbs & spices. Served with rice and a garden salad of tomato, lettuce & cucumber.	<b>Honey Soy Chicken GLUTEN FREE</b> Chicken drumsticks marinated in honey, soy sauce, garlic, ginger & herbs & spices. Served with rice and a garden salad of tomato, lettuce & cucumber.
\$5.00ea      QTY <input type="text"/>	\$5.00ea      QTY <input type="text"/>	\$5.00ea      QTY <input type="text"/>
<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham      Cheese      Tomato GF Bread    DF Cheese	<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham      Cheese      Tomato GF Bread    DF Cheese	<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham      Cheese      Tomato GF Bread    DF Cheese
\$3.00ea      QTY <input type="text"/>	\$3.00ea      QTY <input type="text"/>	\$3.00ea      QTY <input type="text"/>
<b>Drinks \$1.00ea</b> QTY	<b>Drinks \$1.00ea</b> QTY	<b>Drinks \$1.00ea</b> QTY
Sparkling Spring Water    GFDF	Sparkling Spring Water    GFDF	Sparkling Spring Water    GFDF
Apple Juice                  GFDF	Apple Juice                  GFDF	Apple Juice                  GFDF
Orange Juice                GFDF	Orange Juice                GFDF	Orange Juice                GFDF
Plain Milk                    GF	Plain Milk                    GF	Plain Milk                    GF
Chocolate Milk	Chocolate Milk	Chocolate Milk
Strawberry Milk	Strawberry Milk	Strawberry Milk

In the interest of the environment, if you use a ziplock back, please write your child's name and class on it and we will return it for your next order.