



# THE REAL FOOD CANTEEN

Week 3, Term 4 Friday 1<sup>st</sup> November, 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 2		Manager				Shopping	
Week 3	1 <sup>st</sup> November	Lorissa	Rachel H	Shannon	Lisa	Vicky	Nachos (Vegetarian)
Week 4	8 <sup>th</sup> November	Bek	Jade	Jen T	Sophie B	Belinda	Chicken Schnitzel Burgers (Veg option)
Week 5	15 <sup>th</sup> November	Vicky	Maimiti	Carrie R	Fiona S	Belinda	Tuna Bake
Week 6	22 <sup>nd</sup> November	Bek	Lorissa	Shannon	Lee	Lorissa	Chicken Tenders & Chips

**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>Nachos (Vegetarian &amp; Gluten Free)</b> Corn chips with Tomato & Bean Salsa (tomato, red kidney beans, onion, garlic) & cheese <b>Optional Extras (please circle)</b> Guacamole    Sour Cream    Coriander & Tomato Salsa <b>\$5.00ea    QTY</b>	<b>Nachos (Vegetarian &amp; Gluten Free)</b> Corn chips with Tomato & Bean Salsa (tomato, red kidney beans, onion, garlic) & cheese <b>Optional Extras (please circle)</b> Guacamole    Sour Cream    Coriander & Tomato Salsa <b>\$5.00ea    QTY</b>	<b>Nachos (Vegetarian &amp; Gluten Free)</b> Corn chips with Tomato & Bean Salsa (tomato, red kidney beans, onion, garlic) & cheese <b>Optional Extras (please circle)</b> Guacamole    Sour Cream    Coriander & Tomato Salsa <b>\$5.00ea    QTY</b>
<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham    Cheese    Tomato GF Bread    DF Cheese <b>\$3.00ea    QTY</b>	<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham    Cheese    Tomato GF Bread    DF Cheese <b>\$3.00ea    QTY</b>	<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham    Cheese    Tomato GF Bread    DF Cheese <b>\$3.00ea    QTY</b>
<b>Drinks \$1.00ea    QTY</b>	<b>Drinks \$1.00ea    QTY</b>	<b>Drinks \$1.00ea    QTY</b>
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

**Snacks and treats available from the window (please don't order via the lunch order form)**

- FREE:** Pieces of fresh, seasonal fruit and vegetables
- 50c:** Jelly, Popcorn, Plain Chips, Pretzels
- \$1.00:** Smooze Frozen Fruit Ice, Annie's Natural Fruit Leather, Chocolate & Yoghurt Coated Rice Cakes, Freeze Dried Fruit (various flavours)
- \$1.50:** Bulla Frozen Yoghurt (various flavours)

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.