



# THE REAL FOOD CANTEEN

Week 5, Term 4 Friday 15<sup>th</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 5	15 <sup>th</sup> November	Vicky	Maimiti	Lee	Fiona S	Belinda	Tuna Bake
Week 6	22 <sup>nd</sup> November	Bek	Lorissa	Shannon	Carrie	Lorissa	Chicken Tenders & Chips
Week 7	29 <sup>th</sup> November	Paula	Ruth	Maimiti	Jen	Jules	Bolognese Pasta Bake (Vegetarian Option)
Week 8	6 <sup>th</sup> December	Vicky	Lorissa	Shannon	Jen & Linda	Vicky	Pizza (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>Tuna Bake</b> Oven baked casserole made with tuna, grated vegetables, corn and pasta in a white sauce. <b>\$5.00ea</b> <b>QTY</b> <input type="text"/>	<b>Tuna Bake</b> Oven baked casserole made with tuna, grated vegetables, corn and pasta in a white sauce. <b>\$5.00ea</b> <b>QTY</b> <input type="text"/>	<b>Tuna Bake</b> Oven baked casserole made with tuna, grated vegetables, corn and pasta in a white sauce. <b>\$5.00ea</b> <b>QTY</b> <input type="text"/>
<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham          Cheese          Tomato GF Bread      DF Cheese <b>\$3.00ea</b> <b>QTY</b> <input type="text"/>	<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham          Cheese          Tomato GF Bread      DF Cheese <b>\$3.00ea</b> <b>QTY</b> <input type="text"/>	<b>Toasted Sandwich</b> <b>Options (please circle)</b> Ham          Cheese          Tomato GF Bread      DF Cheese <b>\$3.00ea</b> <b>QTY</b> <input type="text"/>
<b>Drinks \$1.00ea</b> <b>QTY</b>	<b>Drinks \$1.00ea</b> <b>QTY</b>	<b>Drinks \$1.00ea</b> <b>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:** 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.