



THE REAL FOOD CANTEEN

Week 4, Term 1 Friday 21st February, 2020



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).

Term 1		Manager					Shopping	
Week 4	21 st February	Linda	Rachel H	Ruth	Johanna	Suzie B	Linda	Bolognese Pasta Bake (Vegetarian Option)
Week 5	28 th February	Vicky	Ros	Narelle	Emily V	Sam U	Belinda	Sausage Rolls or Spinach & Ricotta Rolls
Week 6	6 th March	Bek	Lorissa	Shannon	Lee		Bek/Vicky	Schnitzel Burgers (Vegetarian Option)

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

Student Name:	Student Name:	Student Name:
Teacher Name:	Teacher Name:	Teacher Name:
Dietary Requirements:	Dietary Requirements:	Dietary Requirements:
Pasta Bolognese Bake Beef & pork mince with onions, garlic, tomatoes, tomato paste, grated carrot & zucchini, mushrooms & herb seasoning, mixed through pasta and oven baked. Optional Extras (please circle) Cheese GF PASTA DF CHEESE \$5.00ea QTY <input type="text"/>	Pasta Bolognese Bake Beef & pork mince with onions, garlic, tomatoes, tomato paste, grated carrot & zucchini, mushrooms & herb seasoning, mixed through pasta and oven baked. Optional Extras (please circle) Cheese GF PASTA DF CHEESE \$5.00ea QTY <input type="text"/>	Pasta Bolognese Bake Beef & pork mince with onions, garlic, tomatoes, tomato paste, grated carrot & zucchini, mushrooms & herb seasoning, mixed through pasta and oven baked. Optional Extras (please circle) Cheese GF PASTA DF CHEESE \$5.00ea QTY <input type="text"/>
VEGETARIAN Veggie Pasta Bake Tomatoes with onions, garlic, tomato paste, grated carrot & zucchini, mushrooms & herb seasoning, mixed through pasta and oven baked. Optional Extras (please circle) Cheese GF PASTA DF CHEESE \$5.00ea QTY <input type="text"/>	VEGETARIAN Veggie Pasta Bake Tomatoes with onions, garlic, tomato paste, grated carrot & zucchini, mushrooms & herb seasoning, mixed through pasta and oven baked. Optional Extras (please circle) Cheese GF PASTA DF CHEESE \$5.00ea QTY <input type="text"/>	VEGETARIAN Veggie Pasta Bake Tomatoes with onions, garlic, tomato paste, grated carrot & zucchini, mushrooms & herb seasoning, mixed through pasta and oven baked. Optional Extras (please circle) Cheese GF PASTA DF CHEESE \$5.00ea QTY <input type="text"/>
Toasted Sandwich Options (please circle) Ham Cheese Tomato GF Bread DF Cheese \$3.00ea QTY <input type="text"/>	Toasted Sandwich Options (please circle) Ham Cheese Tomato GF Bread DF Cheese \$3.00ea QTY <input type="text"/>	Toasted Sandwich Options (please circle) Ham Cheese Tomato GF Bread DF Cheese \$3.00ea QTY <input type="text"/>
Drinks \$1.00ea QTY	Drinks \$1.00ea QTY	Drinks \$1.00ea QTY
Sparkling Spring Water GFDF <input type="text"/>	Sparkling Spring Water GFDF <input type="text"/>	Sparkling Spring Water GFDF <input type="text"/>
Apple Juice GFDF <input type="text"/>	Apple Juice GFDF <input type="text"/>	Apple Juice GFDF <input type="text"/>
Orange Juice GFDF <input type="text"/>	Orange Juice GFDF <input type="text"/>	Orange Juice GFDF <input type="text"/>
Plain Milk GF <input type="text"/>	Plain Milk GF <input type="text"/>	Plain Milk GF <input type="text"/>
Chocolate Milk <input type="text"/>	Chocolate Milk <input type="text"/>	Chocolate Milk <input type="text"/>
Strawberry Milk <input type="text"/>	Strawberry Milk <input type="text"/>	Strawberry Milk <input type="text"/>

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.