

The Kinross Lunch Box



Kinross Primary School Canteen Menu Term 2 & 3, 2009

***Indicates Green Choice
No Star Indicates Amber Choice**

Changes to food prices are due to the increases in food and fuel costs

Please Note:

Daily specials will be available on the day only. Late orders will be given a Vegemite Sandwich.

Ice creams and Hot Recess items can not included with lunch orders. They must be order at Recess and Lunch Time.

Recess – Available Daily	
* Whole Cheesie	1.00
* Half Cheesie	0.50
* Fruit Pikelets	0.30
* Lebanese Pizza	0.30
* Air Popped Popcorn	0.50
* Fresh Fruit Selection	0.90
* Apple Slinky	0.70
Fruit Straps	0.60
Fruit Balls	0.10 - 0.40
Milo Bars	1.00

Drinks – Available Daily	
* Just Juice (Apple, Orange & Apple/Blackcurrant)	1.20
* Milo (hot or cold)	1.00
* Hi-Low Milk (225ml)	1.00
* Browne’s Chill (Spearmint, Berry, Chocolate & Banana)	1.60
* Up & Go (Strawberry, Vanilla & Chocolate)	1.60
* Water 350ml	1.00
* Water 600ml	1.20
* Yoghurt 100% Fat Free Strawberry Sundae	1.60
Strawberry Yogo	1.60
* Fruit Jelly	1.20

Daily Specials – Only available on the day listed below

Monday	* Fish Fillet Burger and Salad (Served on a roll) With Fruit Jelly Cup and Water 5.50 * Chicken Curry and Rice 4.00 * Beef Curry and Rice 4.00 * Chicken Teriyaki and Rice 4.00
Tuesday	Hot Dog with Fruit Jelly Cup and Water 5.00 Hot Dog Only 3.00 Puppy Dog (1/2 a hot dog) 1.50 * Lasagne 3.50 * Spaghetti Bolognaise 3.50
Wednesday	* Shrek Burger – Meat Patty with Lettuce, Cucumber and Cress With Fruit Jelly Cup and Water 5.00 * Chicken Fillet Burger with Lettuce and Mayo With Fruit Jelly Cup and Water 5.50
Thursday	* 5 Fish Fingers and Vegetables with Fruit Jelly Cup and Water 5.50 * 5 Chicken Dino Snacks and Vegetables with Fruit Jelly Cup and Water 5.50
Friday	Pastry Day Party Pie 1.00 Cruizer Beef Pie 2.50 Cruizer Beef and Cheese Pie 2.50 Large Sausage Roll 2.00 Tomato Sauce 0.50

Sandwiches/Rolls/Wraps – Daily made with either HI-Fibre White or Wholemeal

Filling	Sandwich	Toasted	Roll	Wraps
* Chicken	2.30	2.60	2.50	2.30
* Chicken & Mayo	2.60	2.90	2.80	2.60
* Chicken & Cheese	3.30	3.60	3.50	3.30
* Chicken Cheese and Mayo	3.60	3.90	3.80	3.60
* Chicken & Salad	3.30		3.50	3.30
* Chicken Cheese & Salad	3.90		4.10	3.90
* Ham	2.30	2.60	2.50	2.30
* Ham & Cheese	3.30	3.60	3.50	3.30
* Ham & Salad	3.30		3.50	3.30
* Ham Cheese & Tomato	3.50	3.80	3.70	3.50
* Ham Cheese & Salad	3.90		4.10	3.90
* Tuna	2.30		2.50	2.30
* Tuna & Salad	3.30		3.50	3.30
* Egg & Mayo	2.60		2.80	2.60
* Egg & Salad	3.30		3.50	3.30
* Egg Cheese & Salad	3.90		4.10	3.90
* Cheese	2.30	2.60	2.50	2.30
* Cheese & Tomato	2.60	2.90	2.80	2.60
* Cheese & Salad	3.30		3.50	3.30
* Salad	2.50		2.70	2.90
* Tomato	2.00		2.30	2.00
* Vegemite	2.00	2.30	2.20	2.00
* Vegemite & Cheese	2.50	2.60	2.70	2.50
* Spaghetti		2.30		
* Baked Beans		2.30		
* Buttered Roll			1.00	
* Buttered Bread	0.80			

Salad Trays

Available daily & served with one slice of buttered bread

* Salad Tray (Lettuce Carrot Tomato, Cucumber)		3.00
* Cheese, Egg	Extra	1.00 ea
* Chicken, Ham	Extra	1.50 ea
* Tuna	Extra	1.50 ea
Extra Salad Items	Extra	0.50 ea
Beetroot		
Corn		
Cress		
Celery		
Cucumber		
Mayo		0.50
Sauce		0.50

Hot and Cold Food – Available Daily

* Soup and Roll	2.00
* Corn Cob	1.00
* Boiled Egg	0.50
* Steam Vegetables	1.50
* Crunchy Snack Pack (Sticks of Celery, Carrot, Cucumber, Cherry Tomato With Diced Cheese or Egg)	4.00

Variety of Ice creams

- Available at Lunch Time

(Can not be ordered on lunch order)

Popsicle	1.00
(Chocolate, Banana, Rainbow Swell)	
* Quelch Sticks – Whole	0.50
* Quelch Sticks – Half	0.30
Moo Paddle Pop	1.20
(Chocolate, Strawberry)	
* Frozen Yoghurts	
Small	0.10
Large	0.20

How to Order Lunch

Please purchase your Lunch bags from the Canteen.

The Bags are 40¢ for a packet of 10 or 1 Bag for 5¢.

Choose what you would like to order from the Canteen Menu and write the item and its price on the lunch bag.

Put the correct change for your order in the lunch bag.

Don't forget to clearly write your name and TA on the bag in the space provided.

Hand your order to Mrs Cooper in the Canteen before School.

Canteen Opens at 8.15am.

VOLUNTEERS NEEDED! - Ring Linda in canteen on 9305 6022.