

## Fruit and Vegetable Snacks

Crazy carrot sticks bag of	1.00
Apple or pear lunch box size	1.00
Watermelon slice	1.50
UFO frozen pineapple ring	1.50
Orange smiles frozen bag of orange wedges	1.50
Frozen grapes, bag of	2.00
Fresh fruit salad, tub	small: 2.50      large: 5.00

## Other Snacks

Cereal Munch bag of	0.60
Muffin (reduced fat) banana & sultana, chocolate, blueberry	1.50
Pikelet buttered only, vegemite or jam	1.50
Anzac cookie homemade rolled oats & fruit	2.00
Popcorn	2.50

## Ice Blocks (99% juice)

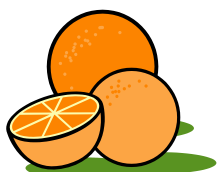
Frozen juice stick	1.00
Frozen juice cup (orange or apple & blackcurrant)	1.50

## Yoghurt / Custard / Ice Creams (milk based, reduced fat)

Moosie frozen flavoured milk	2.00
Frozen yoghurt tub	2.50
Vanilla ice cream tub	2.50
Vanilla or chocolate custard tub	2.50
Greek yoghurt tub	2.50
Yoghurt muesli cup	2.50
Fruit topped with yoghurt or custard	2.50

## Drinks

Milk, reduced fat, 250ml	3.00
- chocolate, strawberry, honeycomb	
Fruit Juice, 100% juice, 250ml	3.00
- apple, orange, apple & blackcurrant	
Spring Water	
- 390ml / 600ml	1.50 / 2.00



# Christ the King School

## Seahorse Cafe Summer Menu

Effective **WEDNESDAY** of Week 5, Term 4 2017

The Canteen Menu provides healthy and nutritious food and drinks consistent with **the South Australian Right Bite Healthy Food & Drink Supply Policy for Schools and Preschools.**

All items on this Menu fit into the **GREEN** and **AMBER** sections of the **Right Bite Food Spectrum.**

**This menu aims to support, promote and model healthy eating habits by:**

**Promoting fruit and vegetables**

**Encouraging healthy grains/cereal foods, particularly whole grains** (the Canteen uses wholemeal bread).

**Promoting dairy (milk),** using reduced fat dairy where possible. Ice creams all meet the Right Bite criteria and are milk based.

**Ensuring that all juice and frozen juice** products are 99% or 100% juice, with a serve size of 250ml or less.

**OPEN FOR LUNCH ORDERS ON WEDNESDAYS.**

**Lunches can be ordered on-line through MunchMonitor.com**

**To Order Online:**

1. Go to [www.munchmonitor.com](http://www.munchmonitor.com)
2. Login to your account
3. Go to **MY ORDERS** page
4. Choose **CANTEEN** from the dropdown box.
5. Select student
6. Select **WEDNESDAY MENU**
7. Click on the **'CHRIST THE KING LUNCH'** button in top left hand corner of screen
8. Select items
9. Finalise & submit your order
10. Order cut-off is **09:00 AM** on the day of the order



The canteen caters for a range of **Special Dietary Requirements.**

Please contact the Canteen Manager, Helen Morris, on 0439 884 202 to discuss your child's special dietary requirements, prior to using this food service.

## Sandwiches / Toasties / Rolls

1 filling, sandwich or toastie	<b>3.50</b>
1 filling, roll	<b>4.00</b>
Extra salad filling add	<b>0.50</b>
Extra protein filling add	<b>1.00</b>
Avocado add	<b>1.00</b>
Mixed salad filling (lettuce, tomato, carrot, cucumber) add	<b>1.50</b>

### Salad Filling Options:

Lettuce	Carrot
Tomato	Cucumber
Beetroot	Pineapple

### Protein Filling Options:

Ham	Egg
Cheese	Tuna
Chicken	Baked Beans

### Condiments

Tomato sauce, mayonnaise (reduced fat), dijonnaise mustard, sweet chilli	<b>0.20</b>
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## Wraps / Quesadilla Wedges

Cheese & salad wrap cheese, avocado, lettuce & carrot	<b>5.50</b>
Cold ham or chicken wrap ham/chicken, lettuce, carrot & dijonnaise mustard/cranberry	<b>5.50</b>
Hot chicken tender wrap hot chicken tender, lettuce, carrot & tomato salsa	<b>5.50</b>
Quesadilla wedges (x4): Ham & Cheese or Cheese a crispy tortilla sandwich of melted cheese, spinach +/- ham, cut into wedges	<b>6.00</b>

## Salad Box / Finger Salad Bag

Lettuce, tomato, cucumber, carrot & celery sticks with one of the following: ham, honey soy chicken leg, tuna, egg with cheese	<b>6.50</b>
Tuna pasta salad box Tuna with penne pasta, diced tomato, avocado & a lite Italian dressing	<b>6.50</b>
Lettuce, cucumber, celery & carrot sticks, bag of	<b>2.50</b>

Menu Key: \* Halal approved/certified items. GFA: Gluten free varieties available on request

## Hot Dog / Pita Pocket / Sub / Burger

Hot dog with or without sauce	<b>4.50</b>
Chicken pita pocket chicken pattie, lettuce, tomato & mayo	<b>5.50</b>
Meatball sub beef meatballs in a wholegrain roll with Napoletana sauce, shredded lettuce & cheese	<b>6.00</b>
Aussie beach burger (beef* or veggie) beef* or veggie pattie in a wholegrain roll with lettuce, tomato, carrot, beetroot & tomato sauce	<b>6.50</b>

## Corn / Chicken Leg / Home-Made Pizza / Rounders / Spud

Corn cob	<b>1.50</b>
Honey soy chicken leg	<b>3.50</b>
Home-made pizza meat-lovers; ham or chicken with pineapple & pizza veg; margarita	<b>4.50</b>
Potato rounders with tub of sweet chilli dipping sauce or tomato sauce	<b>4.50</b>
Baked spud, topped with cheese and one of the following: avocado, corn & tomato salsa; baked beans; bolognaise; ham or chicken with pineapple & corn	<b>7.00</b>

## Rice / Pasta

Sushi roll (tuna & corn)	<b>GFA pastas, add \$1.50</b>	<b>4.50</b>
Butter chicken with rice*, 250g		<b>6.00</b>
Lasagne, vegetarian, 200g		<b>5.50</b>
Ravioli Napolitana, beef*, 200g		<b>5.50</b>
Macaroni cheese* (GFA), 200g		<b>5.50</b>
Chicken noodle wok box, home-made chicken stir fry served in a wok box: Singapore noodles, chicken, corn, sliced beans & carrot in a mild sweet chilli sauce		<b>5.50</b>

## Savoury Pastries (reduced fat and salt) with/without sauce

Sausage Roll, 120g	<b>4.50</b>
Pie, 120g	<b>4.50</b>



## Cool Summer Meal Deals



<b>Sushi Deal</b>	Tuna sushi with a frozen juice cup	<b>5.50</b>
<b>Vegemite &amp; Cheese Scroll Deal</b>	Home-made scroll with tub of fruit salad	<b>5.50</b>
<b>Pizza Deal</b>	Any pizza with a Moosie	<b>6.00</b>
<b>Chicken Pita Pocket Deal</b>	Chicken pocket with a frozen juice stick	<b>6.00</b>