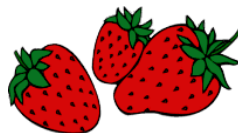




The Point Cafe

Alfords Point Public School Canteen



CANTEEN MENU 2009

CANTEEN OPEN DAYS:

MONDAYS: open for lunch orders, recess counter sales & lunch counter sales.

WEDNESDAYS: lunch orders, recess counter sales & lunch counter sales.

FRIDAYS: lunch orders and lunch counter sales only (closed at recess).

Note: We are closed on Tuesdays & Thursdays.

Counter Sales Items

<p>Fresh Fruit</p> <ul style="list-style-type: none"> ☺ Whole fruits (seasonal)70c ☺ Apple slinkies70c (if bring in own apple = free) ☺ Mini fruit salad & ice cream cup\$1.00 ☺ Selection of fruit piecesseasonal <p>Frozen Treats</p> <ul style="list-style-type: none"> ☺ Frozen fruit juice cubes10c ☺ 1/4 frozen orange20c ☺ Frozen pineapple ring30c ☺ Frozen watermelon crush.....30c ☺ Frozen fruity pops.....50c (contain fresh fruit pieces and orange juice) ☺ Quelch fruit stick iceblock50c ☺ Frozen juice cup (apple/orange/pineapple).....70c * Mini gelato cup\$1.20 (chocolate, caramel, vanilla) * MOO Paddle Pop\$1.30 * Frozen yoghurt.....\$1.50 (strawberry, mango, fruit salad) 	<p>Snacks</p> <ul style="list-style-type: none"> ☺ Cereal bites (scoop)10c ☺ Mini pretzels (scoop)20c * Sultana snaps biscuits40c ☺ Margarita pizza slice50c ☺ Popcorn packet60c ☺ Sunripe fruit straps.....60c (strawberry, blackcurrant, sour) * Piranha vege crackers (gluten free).....80c (bbq cheese, salt&vinegar, honey&soy) <p>MUFFIN MONDAY - look out for mini muffins baked fresh on Mondays in the canteen - 40c.</p> <p>HOT CHOCOLATE WEDNESDAY - hot chocolate available on Wednesdays only - \$2.</p> <p>Drinks</p> <ul style="list-style-type: none"> ☺ Organic spring water (355ml).....70c * 99% fruit juice (250ml)\$1.00 (apple, orange, tropical) ☺ Flavoured milk (250ml).....\$1.50 (strawberry, chocolate)
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☺ Eat plenty

* Select carefully

Our canteen follows the Healthy Kids School Canteen Association guidelines for menu planning.

For more information please visit: www.healthy-kids.com.au

Lunch Order Items MONDAY & WEDNESDAY

SUPER SANDWICHES

Choose from our list of ingredients below and **design your very own** super sandwich!

Bread roll	60c
2 slices of bread with margarine	80c
Lebanese bread wrap	\$1.00

Ingredients: choose as many as you like

☺ Vegemite	20c
☺ Pineapple ring	30c
☺ Beetroot.....	30c
☺ Salad veges	50c each (tomato or cucumber or carrot or lettuce)
☺ Banana	50c
☺ Cheese	70c
☺ Avocado.....	70c
☺ Ham (shredded)	\$1.00
☺ Tuna (flakes in springwater).....	\$1.50
☺ Chicken meat (diced)	\$1.50

WONDERFUL WRAPS (specify hot or cold)

Create your own from the ingredients listed above or choose a favourite from here:

Favourites:

☺ Chicken, lettuce & avocado	\$3.70
☺ Warm chicken wrap	\$3.70 (diced chicken, tomato, cheese)

SCRUMPTIOUS SALADS

☺ Garden salad plate	\$2.50 (tomato, cucumber, carrot, lettuce, beetroot)
☺ Chicken or tuna salad plate	\$4.00 (tomato, cucumber, carrot, lettuce, beetroot, diced chicken or tuna meat)

Salad dressing (french, balsamic, ranch)20c

Hot food

* Lite party pie	\$1 each
* Lean sausage roll	\$2.00
☺ Macaroni & cheese (200g)	\$2.50
☺ Bolognaise twista pasta (200g)	\$3.00
☺ Lasagne (200g)	\$3.00
☺ Potato Bake (200g)	\$3.00
* Chicken nuggets (6)	\$3.00
* Lean meat pie	\$3.00
* Pizza (made in canteen)	\$3.20 (ham+cheese+pineapple OR ham+cheese)
* Chicken burger	\$3.50 (crumbed chicken pattie, lettuce, tomato, mayo)

Tomato or bbq sauce portion

20c

Please place your orders in your lunch wallet or brown paper bag and include the exact money where possible. Write your CHILD'S NAME, and CLASS followed by the FOOD ORDER. Please do not send any note larger than \$10. If you don't have a bag **please add 10c** to your order and we'll provide one.

FRIDAY FUN PACKS

Design your own pack! Lunch orders

on Fridays are limited to **5 options** only.

NOTE: Monday & Wednesday lunch order menu does NOT apply.

STEP 1: Choose a main meal from here →
STEP 2: Choose a snack/treat if you wish.
STEP 3: Choose a drink if you wish.
STEP 4: Add it all up & give correct money.

Friday main meal options:

* Sausage roll	\$2
* Lean meat pie	\$3
* Chicken nuggets (6)	\$3
☺ Potato Bake.....	\$3
☺ Lasagne	\$3
➢ Sauce (tomato or bbq) is an extra 20c	