

**COWES PRIMARY SCHOOL
CANTEEN MENU EFFECTIVE 1st MARCH 2011**

Write your child's name and room number at the top of a paper bag, place money inside. Lunch orders can also be written on an envelope and 10c added for a bag. Please include prices and total. If insufficient money is placed with the order, items will be deducted. Vita pups and frozen treats are not placed in lunch bags, your child brings their stamped bag to the canteen after they have finished lunch.

HOT FOODS

BEEF BURGER	3.00
VEGIE BURGER ☺	2.50
CHEESE BURGER	3.20
(All served with lettuce, tomato & sauce)	
SWEET CHILLI CHICKEN WRAP	3.00
(spiced chicken strip, lettuce & mayo)	
CHICKEN BREAST NUGGET (max 5)	.70
JURASSIC LUNCH	3.20
(chicken dinosnacks, fishsticks, potato smilies served on a lettuce leaf)	
BAKED POTATO ☺	
with cheese or plain yoghurt	3.00
OR	
with choice of 2:	3.50
tuna, corn, cheese, baked beans, yoghurt, pineapple	
MEAT PIE	3.50
(lite cruizer pie - 180 gram)	
MINI MEAT PIE (120 gram)	2.00
SAUSAGE ROLL	
(good eating 120 gram)	1.80
LASAGNE	3.50
1/2 CORN COB ☺	.80
STEAMED DIM SIMS	.70 or 3 for 2.00

Tomato / Soy Sauce .20

FRIDAY \$5 MEAL DEAL-The only lunch bag order available on Fridays

HOT DOG OR PIZZA with piece of fruit & your choice of water, juice, plain/flavoured milk

FROZEN TREATS

99% Fruit Ice Stick ☺	1.00
Gogurt (Frozen Yogurt) ☺	1.00
Berry Bliss Bar ☺	1.50
UFO's ☺	.40
Vita Pup (Slushy Ice)	
Small cup	1.60
Large cup	2.60

SANDWICHES, ROLLS & WRAPS ☺

Add .60 for rolls

Vegemite &/or cheese	1.50
Egg & lettuce	2.00
Tuna, Ham, Chicken	2.50
Salad (lettuce, tomato, carrot, beetroot,cucumber)	2.50
Ham, Cheese & Tomato	3.00
Tuna, Ham or Chicken with Salad	3.00
Extra salad ingredients:	each .30
cucumber, pineapple,tomato,lettuce, cheese,carrot,beetroot.	
(Mayo, mustard, sauce, pickles added free)	

SNACKS

Jaffle Toastie (only at recess)	1.00
Sultanas ☺	
Popcorn (cheese/plain)	
Curly Apple ☺	
Seasonal Fruit ☺	
Vegie Crackers (gluten free)	all .80 each
Organic Fruit Strap	.50
Cheese Stick ☺	
Muffin	
Fruit Yoghurt tub ☺	all 1.00 each

DRINKS

Bottled Water ☺	1.00
Plain Milk ☺	1.00
Choc or Strawberry Milk	1.60
Apple or Orange 100% Juice	1.50

On Wednesdays you can also order

SUSHI ☺

Salmon California/Teriyaki Chicken/Tuna & Mayo/Chicken Schnitzel/ Crabstick **2.50each**
Inari (Rice stuffed bean curd) **1.00**

EMERGENCY LUNCHESES consist of a sandwich (cheese or vegemite) and piece of fruit - supplied and charged to parents when lunches are forgotten \$2.50 ☺