

Fruit and Vegetable Snacks

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

Other Snacks

Cereal Munch bag of	0.60
Muffin (reduced fat) banana & sultana, chocolate, orange & poppy seed, 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
Fruit slushie	2.00

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

Moosie	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 with yoghurt or custard cup	2.50

Drinks

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



Seaview Downs Primary School

Seahorse Cafe Summer Menu

Effective 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.

The Canteen is open Tuesday to Friday and closed Mondays

To Order Lunch from the Canteen:

To Order Online:

1. Go to 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 school day (eg FRI MENU)
7. Select items
8. Finalise & submit your order
9. Order cut-off is **09:00 AM** on the day of the order

The canteen caters for a range of

Special Dietary Requirements.

Contact the Canteen Manager for further details.

To Order using the Brown Bag System:

1. Write your **student's name** and **room number** onto a large paper lunch bag.
2. Select items, and write these onto the bag.
3. Enclose the correct money if possible.
For hygiene reasons please wrap the lunch money before placing the money in the bag.
4. **Place the lunch order in the Class Lunch Crate at start of the day.**
5. To request more lunch bags, write **"More Bags Please"** onto your lunch order bag.

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

Sandwiches / Toasties / Rolls

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

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, bbq	0.20
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Wraps / Quesadilla Wedges

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

Salad Box / Finger Salad Bag

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

Hot Dog / Pita Pocket / Sub / Burger

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

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

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

Rice / Pasta

Sushi roll (tuna & corn)	GFA pastas, add \$1.50	4.50
Butter chicken with rice*, 250g		6.00
Lasagne, vegetarian*, 200g		5.50
Ravioli Napolitana, beef*, 200g		5.50
Macaroni cheese* (GFA), 200g		5.50
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		5.50

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

Sausage Roll, 120g	4.50
Pie, 120g	4.50

Summer Meal Deals

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

'Cool Summer' Recess Specials

Tuesday:	Tub of Raspberry & Vanilla Mousse	2.50
Wednesday:	Freshly baked Muffin or Cheese Stick with Icy Cold Milo Cup of icy milk Milo with a home-made muffin or cheese stick	2.50
Thursday:	Choc Banana Stack Sliced banana and chocolate custard layered in a tub	2.50
Friday:	Frozen Fruit Smoothie Cup of frozen fruit blended with yoghurt to give an icy, thick smoothie	2.50

