



Government
of South Australia

Department for Education
and Child Development

Parafield Gardens R-7 School

Save the Children – United Nations Global Peace School

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2017 CANTEEN PRICE LIST



Under the **Right Bite** strategy, food and drinks are classified into three categories according to their nutritional 'healthy eating' value:

GREEN Choose Plenty = the best choices for schools and preschools

AMBER Select Carefully = food and drinks that should be selected carefully


RED Occasionally = foods and drinks high in fat, sugar and/or salt, banned from sale in school canteens

N.B. Lunch bags are available for home at a cost of 2c each.

Green

Fillings	Sandwich Wholemeal or White	Rolls Wholemeal or White or Tortilla Wrap
Tuna	\$2.90	\$3.40
Tuna & Lettuce	\$3.30	\$3.80
Tuna, Lettuce, Tom	\$3.70	\$4.20
Tuna, Onion	\$3.30	\$3.80
Egg	\$2.90	\$3.40
Egg and Lettuce	\$3.30	\$3.80
Curried Egg	\$3.00	\$3.50
Curried Egg & Lettuce	\$3.40	\$3.90
Tomato & Cucumber	\$2.90	\$3.40
Beetroot	\$2.70	\$3.20
Salad	\$3.30	\$3.80

In Between Green & Amber

Fillings	Sandwich Wholemeal or White 	Rolls Wholemeal or White or Tortilla Wrap
Vegemite	\$2.50	\$3.00
Ham	\$2.90	\$3.40
Cheese	\$2.90	\$3.40
Cheese & Salad	\$3.90	\$4.40
Ham & Cheese	\$3.30	\$3.80
Ham, Cheese & Tom	\$3.70	\$4.20
Chicken	\$3.10	\$3.60
Chicken & Salad	\$4.10	\$4.60
Chicken, Lettuce & Tomato	\$3.90	\$4.40
EXTRAS		
Gherkin, Onion, Lettuce, Tomato, Cheese, Beetroot, Cucumber, or Grated Carrot		50 cents each
Tomato Sauce, Mayonnaise or Mustard		30c

Green

Salad Bag- Lettuce, Tomato, Cucumber, Egg Carrot, Pickled Onion, Gherkin & 1 slice of Bread	\$5.00
Canteen made soup - Terms 2 & 3	\$4.00 with 1 slice of bread or \$4.50 with a roll

Green and Amber

Toastie Fillings	Whole	Half	Hot Rolls	
Ham & Cheese	\$3.60	\$2.00	Hot Ham & Cheese Roll	\$4.10
Ham, Cheese & Tom	\$4.00	\$2.25	Hot Chicken Mayo Roll	\$4.10
Baked Beans	\$3.10	\$1.80	Sweet Chilli Sub	\$5.10
			Sweet Chilli Wrap	\$5.10

Green and Amber

Energy Plate – Salad, Cheese, Meat of choice, 1 slice of Bread and a piece of Fruit	\$7.50
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Green

Amber

Beef Burger Plain - (Beef & Bun)	\$3.70	Chicken/Beef Noodles	\$2.80
Cheese Burger (Beef, Cheese & Sauce)	\$4.10		
Burger with the Lot (Beef Cheese, lettuce & Tomato with sauce)	\$5.50	Chicko	\$2.20
Chicken Burger Plain - (Chicken & Bun)	\$3.70		
Chicken Burger with the Lot (Chicken, Lettuce, Tomato and Mayo)	\$5.00	Small Pastie	\$3.20
Chicken Burger with the Lot & Cheese (Chicken, Cheese, Lettuce, Tomato and Mayo)	\$5.50	Small Pie	\$3.20
Burger Extras – Lettuce, Tomato Cheese, Carrot Beetroot & Gherkin	45c ea	Sausage Roll	\$3.20
Sauce & Mayo	30c ea	Hotdog (97% fat free)	\$3.00 W/Sauce \$3.25
Pasta Bolognaise	\$4.50	½ Hotdog	\$1.95 W/Sauce \$2.05
Spaghetti Bolognaise	\$4.50		
Chicken Curry Rice	\$4.50	Chicken Crackles	90c ea
Curried Rice (vegetarian)	\$4.50		
Fried Rice (vegetarian)	\$4.50	Sweet Chilli Tenders	\$1.70
Vegetarian Pasta	\$4.50	Slams Mini Pies Pkt of 8	\$3.20
Vegetarian Spaghetti	\$4.50	(Chicken, Beef, Hawaiian)	

Amber

Ice Blocks		Drinks	
Vanilla/Banana/Chocolate/ Triple swirl Billabong	\$2.00	Oak Light 300ml Chocolate/Strawberry	\$2.70
		Nippy's Juice 300ml	\$2.70
Quelch Sticks	80c	LOL	\$2.60
Fruit Slushy (99% Juice)	\$2.00	Harvest Fresh Juice 250 ml Orange, Apple, Apple / Blackcurrant	\$2.30
Nippys frozen orange/apple blackcurrent cup	\$1.20	Up and Go 250 ml	\$2.40
Juicee Crush Juice Box 250ml Apple; Orange; Apple; Apple/Blackcurrent	\$2.00	Nippys Iced Choc/Strawberry 250ml	\$2.50
		Milky Max Choc/Strawberry/Banana 250ml	\$2.40

Green

Thank you Water \$2.20

Green and Amber

Amber

Snacks			
Piece of Fruit	\$1.30	Chips-Honey Soy Chicken	\$1.60
Fruit Cup	\$1.30	Air Popped Popcorn	\$1.10
Vaalia Strawberry Yoghurt 175g	\$2.50	J J's - Chicken or Pizza	\$1.60
Box of Sultanas	\$1.00	Pizza Shapes	5c ea
Large Muffins	\$1.20	Corntos Cheese/BBQ	\$1.10
Mini Muffins	60c		
Pizza Subs (recess only)	\$1.00		