



Government
of South Australia

Department for Education
and Child Development

Parafield Gardens R-7 School

Save the Children – United Nations Global Peace School

23 Shepherdson Road, Parafield Gardens SA 5107
Telephone (08) 8258 1816 FAX (08) 8281 5857
dl.0537_info@schools.sa.edu.au - www.pgardens.sa.edu.au



2019 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	\$3.00	\$3.50
Tuna & Lettuce	\$3.40	\$3.90
Tuna, Lettuce, Tom	\$3.80	\$4.30
Tuna, Onion	\$3.40	\$3.90
Egg	\$3.00	\$3.50
Egg and Lettuce	\$3.40	\$3.90
Curried Egg	\$3.10	\$3.60
Curried Egg & Lettuce	\$3.50	\$4.00
Tomato & Cucumber	\$3.00	\$3.50
Beetroot	\$2.80	\$3.30
Salad	\$3.50	\$4.00

In Between Green & Amber

Fillings	Sandwich Wholemeal or White 	Rolls Wholemeal or White or Tortilla Wrap
Vegemite	\$2.60	\$3.10
Ham	\$3.00	\$3.50
Cheese	\$3.00	\$3.50
Cheese & Salad	\$4.00	\$4.50
Ham & Cheese	\$3.40	\$3.90
Ham, Cheese & Tom	\$3.80	\$4.30
Chicken	\$3.20	\$3.70
Chicken & Salad	\$4.20	\$4.70
Chicken, Lettuce & Tomato	\$4.00	\$4.50
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	\$5.50
Canteen made soup - Terms 2 & 3	\$4.30 with 1 slice of bread or \$4.80 with a roll

Green and Amber

Toastie Fillings	Whole	Half	Hot Rolls	
Ham & Cheese	\$3.80	\$2.20	Hot Ham & Cheese Roll	\$4.30
Ham, Cheese & Tom	\$4.20	\$2.50	Hot Chicken Mayo Roll	\$4.30
Baked Beans	\$3.30	\$2.10	Sweet Chilli Sub	\$5.40
			Sweet Chilli Wrap	\$5.40

Green and Amber

Energy Plate – Salad, Cheese, Meat of choice, 1 slice of Bread and a piece of Fruit	\$8.50
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Green

Amber

Beef Burger Plain – (Beef & Bun)	\$4.00	Chicken/Beef Noodles	\$2.90
Cheese Burger (Beef, Cheese & Sauce)	\$4.40	Chicken Crackles	\$1.00 ea
Burger with the Lot (Beef Cheese, lettuce & Tomato with sauce)	\$5.90	Chicko	\$2.40
Chicken Burger Plain – (Chicken & Bun)	\$4.00	Sweet Chilli Tenders	\$1.90
Chicken Burger with the Lot (Chicken, Lettuce, Tomato and Mayo)	\$5.40	Small Pastie	\$3.40
Chicken Burger with the Lot & Cheese (Chicken, Cheese, Lettuce, Tomato and Mayo)	\$5.90	Small Pie	\$3.40
Burger Extras – Lettuce, Tomato Cheese, Carrot Beetroot & Gherkin	50c ea	Sausage Roll	\$3.40
Sauce & Mayo	30c ea	Hotdog (97% fat free)	\$3.10 W/Sauce \$3.40
Pasta Bolognaise	\$4.70	½ Hotdog	\$2.00 W/Sauce \$2.20
Spaghetti Bolognaise	\$4.70	Hotdog with cheese and sauce	\$3.90
Chicken Curry Rice	\$4.70	½ Hotdog with cheese and sauce	\$2.45
Curried Rice (vegetarian)	\$4.70		
Fried Rice (vegetarian)	\$4.70		
Vegetarian Pasta	\$4.70		
Vegetarian Spaghetti	\$4.70		
Butter Chicken	\$4.70		

Amber

Ice Blocks		Drinks	
Banana/Chocolate/Triple Swirl Billabong	\$2.25	Nippy's Juice 300ml	\$3.00
Quelch Sticks	90c	GLEE	\$2.70
Fruit Slushy (99% Juice)	\$2.10	Up and Go 250 ml	\$2.50
Nippys frozen orange/apple/blackcurrant cup	\$1.30	Nippys Iced Choc/Strawberry 250ml	\$2.70
		Juicee Crush Juice Box 250ml Apple; Orange; Apple; Apple/Blackcurrant	\$2.10

Green

Thank you Water \$2.30

Green and Amber

Amber

Snacks			
Piece of Fruit	\$1.40	Chips-Honey Soy Chicken	\$1.70
Fruit Cup	\$1.40	Air Popped Popcorn	\$1.20
Yoghurt 175g	\$2.60	J J's - Chicken or Pizza	\$1.70
Box of Sultanas	\$1.10	Pizza Shapes	5c ea
Large Muffins	\$1.30	Corntos Cheese/BBQ	\$1.20
Mini Muffins	70c		
Pizza Subs (recess only)	\$1.10		