Government of South Australia
Department for Education

PARAFIELD GARDENS PRIMARY SCHOOL

United Nations Global Peace School
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2025 TERM 2 CANTEEN PRICE LIST

right bite
Easy Guide to...

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
All foods on our menu are in the Green or Amber categories

SANDWICHES, ROLLS AND WRAPS

Fillings	Sandwiches	Rolls or wraps
Vegemite **H, Veg, V**	$2.60	$3.10
Ham	$3.10	$3.60
Cheese **H, Veg**	$3.00	$3.50
Cheese & Salad **H, Veg**	$5.00	$5.50
Egg **H, Veg**	$3.10	$3.60
Curried Egg **H, Veg**	$3.20	$3.70
Chicken **H**	$3.50	$4.00
Chicken & Salad **H**	$5.20	$5.70
Tuna **H**	$3.10	$3.60
Salad **H, Veg, V** (tomato, lettuce, cucumber, carrot, gherkins, pickled onion)	$4.50	$5.00

EXTRAS

50 cents each:
Gherkin, Onion, Lettuce, Tomato, Cheese, Beetroot, Grated Carrot, Cucumber

30 cents each:
Tomato Sauce, Mayonnaise, Mustard

SALAD BAG: H, Veg $6.00
Lettuce, Tomato, Cucumber, Egg, Carrot, Gherkin, Pickled Onion & 1 slice of Bread

ENERGY PLATE: H – can request chicken or tuna $9.50
Salad, Cheese, Meat of choice, 1 slice of Bread and a piece of fruit

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

TOASTIES:

	Whole	Half
Ham & Cheese	$4.00	$2.40
Ham, Cheese & Tomato	$4.50	$2.70
Baked Beans **H, Veg, V**	$3.40	$2.20
Cheese **H, Veg**	$3.50	$2.30
Ham	$3.50	$2.30

HOT ROLLS

Hot Ham & Cheese Roll	$4.50
Hot Chicken & Mayo Roll **H**	$4.80
Sweet Chilli Sub **H**	$5.90
Sweet Chilli Wrap **H**	$6.00
Sweet Chilli Slider **H**	$3.80
Pizza Sub (Recess Only)	$1.40

BURGERS

Vegie Burger Plain (burger & bun only)	**Veg, V**	$4.50
Vegie Burger with lettuce & tomato	**Veg, V**	$5.50
Beef Burger Plain (beef & bun only)	**H**	$4.50
Cheese Burger (beef, cheese & sauce)	**H**	$5.30
Burger with the Lot (beef, cheese, lettuce, tomato & sauce)	**H**	$6.30
Chicken Burger Plain (chicken & bun)	**H**	$4.50
Chicken Burger with the Lot (chicken, lettuce, cheese, tomato & mayo)	**H**	$6.30

BURGER EXTRAS:
50 cents each
Lettuce, Tomato, Cheese, Carrot, Beetroot & Gherkin

30 cents each
Sauce and Mayonnaise

Hot Dog (97% fat free)		$3.50
With sauce		$3.80
With cheese & sauce		$4.30
½ Hot Dog		$2.20
With sauce		$2.50
With cheese & sauce		$3.00

HOT MEALS

Pasta Bolognaise	**H**	$5.20
Spaghetti Bolognaise	**H**	$5.20
Chicken Curry & Rice	**H**	$5.20
Curried Rice (vegetarian)	**H, Veg, V**	$5.20
Fried Rice (vegetarian)	**H, Veg, V**	$5.20
Vegetarian Pasta	**H, Veg, V**	$5.20
Vegetarian Spaghetti	**H, Veg, V**	$5.20
Butter Chicken	**H**	$5.70
Macaroni Cheese Pasta	**H, Veg**	$5.70
Beef Lasagne	**H**	$5.70
Chicko	**H**	$3.00
Sweet Chilli Tenders	**H**	$2.20
Small Pasty		$4.20
Small Pie		$4.20
Sausage Roll		$4.20
Chicken/Beef Noodles		$3.40
Chicken Crackles (each)	**H**	$1.00

Canteen made soup (Terms 2 & 3)

With 1 slice of bread	**H**	$4.50
With a bread roll	**H**	$5.00

SNACKS

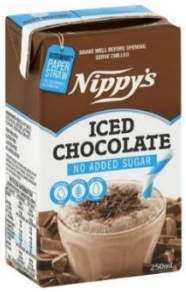
Piece of Fruit	**H, Veg, V**	$1.50
Fruit Cup	**H, Veg, V**	$1.60
Yoghurt 175g	**H**	$2.70
Box of Sultanas	**H, Veg, V**	$1.30
Large Muffin	**H, Veg**	$1.50
Mini Muffin	**H, Veg**	70c
Chips – Honey Soy / Chicken		$1.90
Air Popped Popcorn	**H, Veg, V**	$1.20
JJ's – Chicken or Pizza	**H**	$1.90
Pizza Shapes		5c ea
Rice Crackers	**H, Veg, V**	5c ea
Corntos –BBQ	**Veg**	$1.40

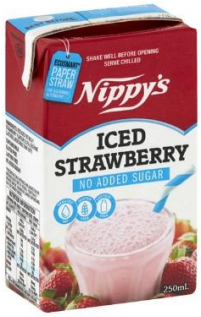
ICE BLOCKS

Banana / Chocolate or Triple Swirl Billabong	$3.00
Quelch Sticks	$1.00
Fruit Slushy (99% Juice)	$2.50
Mini small Slushy	$1.30
Nippys frozen	
Orange / Apple & Blackcurrant cup	$1.50
Zooper Dooper (sugar free)	$1.00

DRINKS

600ml Bottled Spring Water	**H, Veg, V**	$2.40
GLEE		$2.90
Up and Go 250ml	**H, V**	$2.90
Nippys Iced Choc / Strawberry 250ml	**Veg, V**	$2.90
Juicee Crush Juice Box 250ml Apple/Orange/Apple & Blackcurrant	**Veg, V**	$2.30





All online Qkr! orders must be placed by 9:00am

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Suitable for: H – Halal **Veg** – Vegetarian (may contain dairy or egg) **V** – Vegan (no dairy or egg)
Gluten Free – please consult with canteen manager