

Jamo Canteen: Lunch Order Menu 2016



green - best choice

Green Category are the healthiest choices.

Menu Items	Price
Spaghetti Bolognese	\$4.50
Traditional Lasagne	\$4.50
Chicken & Salad Wrap	\$4.50
Salad only Wrap (carrot, cheese, lettuce, tomato and mayo)	\$4.00
Salad only Sandwich	SW \$3.70 / Roll \$4.30
Egg Sandwich	SW \$3.50 / Roll \$3.80
Banana OR Tomato Sandwich	SW \$3.50 / Roll \$3.80
Toasted Baked Bean Sandwich (wholemeal bread)	Term 2 & 3 Only \$3.80
Slinky Apple	\$1.40
Salad Platter	\$4.40
Fruit Platter	\$4.40
Popcorn - Classic	\$1.40
Drinks	
Purified Water 600ml	\$1.50



amber - choose carefully

Amber foods should only be eaten in moderation.

Ham & Salad Sandwich	SW \$4.00 / Roll \$4.80
Ham OR Cheese Sandwich	SW \$3.00 / Roll \$3.80
Vegemite Sandwich	SW \$2.50 / Roll \$3.00
Ham & Salad Wrap	\$4.50
Buttered Roll	\$1.20
Toasted Ham Sandwich (wholemeal bread)	Term 2 & 3 Only \$3.30
Toasted Cheese Sandwich (wholemeal bread)	Term 2 & 3 Only \$3.30
Toasted Ham & Cheese Sandwich (wholemeal bread)	Term 2 & 3 Only \$3.80
Classic Chicken Wrap (hot crumbed chicken tender, carrot, cheese, lettuce and mayo)	\$4.50
Chicken burger (chicken burger, lettuce, carrot & mayo)	\$4.50
Pizza - Ham and Pineapple	\$3.20
Drinks	
Plain milk (full cream) 300ml	\$1.60
Flavoured milk 300ml (choc/strawberry/iced coffee)	\$2.60
Focus On Sportswater 350ml (Raspberry, Apple/Blackcurrant, Fruit Fix)	\$2.40
Frozen Yoghurt (Strawberry or Mango)	\$2.00
Fruit Juice Boxes 250ml (Apple, Apple/Blackcurrant, Orange)	\$1.80



red - limit

Red foods are not essential, they can lead to weight gain and chronic diseases.

Chicken Nuggets	\$0.80
Pastie/Pastie Roll	\$4.50
Beef Pie	\$4.50
Nibble Pie	\$1.90
Sausage Rolls	\$3.50
Hot Dog in Bread / Roll	Bread \$3.20 Roll \$3.70
Dim sims (steamed) Tues & Thurs only	\$0.80
Potato Chips	\$1.40
Finger Bun / Apple Scroll	\$2.80
Drinks	
Apple & Blackcurrant Juice 300ml	\$1.80

Lunch Bag Rules

When ordering the above, please use a paper bag (no plastic please) with the child's name, class and room number, order details and correct money (or mark on bag amount of money enclosed.)

Counter Sales – items available at recess and lunch times



green - best choice

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Menu Items

Menu Items	Price
Slinky Apples	\$1.40
Water Melon Slices	\$0.60
Carrot sticks	\$0.05
Frozen Orange Slices	\$0.30
Frozen pineapple rings	\$0.20
Frozen strawberries	\$0.80
Frozen grapes	\$0.30

Drinks

Purified Water 600ml*	\$1.50
Hot Milo	\$1.50



amber - choose carefully

Amber foods should only be eaten in moderation.

Frozen Yoghurt (Strawberry or Mango)*	\$2.00
Potato/Rice sticks	\$0.10
Chocolate Mousse Cup	\$0.80
Paddle Pops	\$1.80
Fandangles	\$1.80
Calippos	\$1.00
Crunchas	\$1.00

Drinks

Plain milk (full cream) 300ml*	\$1.60
Flavoured milk 300mls (choc/strawberry/iced coffee)	\$2.60
Fruit Juice Boxes 250ml (Apple, Apple/Blackcurrant, Orange)*	\$1.80
Focus On Sportswater 350ml (Raspberry, Apple/Blackcurrant, Fruit Fix)*	\$2.40
Slush Puppy Frozen Drink	\$2.00



red - limit

Red foods are not essential, they can lead to weight gain and chronic diseases.

Homemade choc chip cookies	\$0.30
Homemade hedgehog	\$0.90
Potato Chips (Honey Soy or Salted)*	\$1.40

Drinks

Apple & Blackcurrant Juice 300ml*	\$2.00
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To get involved in the canteen or for more information call
Canteen Manager Georgia 0439 689 402

* These items can be included in lunch orders