

**PEDARE CHRISTIAN COLLEGE JUNIOR SCHOOLING CANTEEN MENU
TERM 4, 2008**

PLEASE WRITE OUT A SEPARATE BAG FOR EACH ITEM ORDERED

Hot Selection	
Better Bite Range	
Pie or pasty (large)	2.60
Pie (small)	2.10
Sausage roll (large)	2.60
Sausage roll (small)	2.10
Pizza Roundas	2.10
Pizza Pockets Ham & Pineapple	1.90
Crunchy Chicken Royale	1.90
1 piece of fish	1.60
Meat Lasagne	3.00
Vegetarian Lasagne	3.00
Macaroni Bake	3.00
Penne in Bolognese Sauce	3.00
Hokkien Noodles & Vegetables	3.00
Fried Rice	3.00
Spaghetti	3.00
Ham & Cheese Pizza	3.00
Ham & Pineapple Pizza	3.00
Vegetarian Pizza	3.00
½ Pizza	1.50
Hash Brown	0.50
Hot Ham & cheese roll	3.30
½ Hot ham & cheese roll	1.65
Hot cheese roll	2.00
½ Hot cheese roll	1.00
Hot ham roll	2.80
½ Hot ham roll	1.40
Chicken burger (Chicken Breast Royale in long bread roll) With Salad	3.30 4.50
Hot chicken roll	3.30
½ Hot chicken roll	1.65
Hot dog (low fat)	2.20
Hot dog with sauce	2.35
Hot dog with cheese	2.60
Hot dog with sauce & cheese	2.75
Ocean Delight One piece fish & 2 hash browns (within healthy eating requirements)	2.60

Cold Selection		
Sandwiches and Rolls		
<i>Whole meal bread may be ordered</i>		
<i>All sandwiches can be toasted for 50 cents extra</i>		
<i>White hyfibre bread will be given unless stated otherwise</i>		
	S/wich	Roll
White hyfibre bread / long white roll	1.00	1.30
Plain buttered	1.00	1.30
Cheese	1.50	1.80
Egg (curried +10 cents)	1.80	2.00
BBQ chicken meat	2.80	3.10
Ham (light)	2.30	2.60
Salad	2.90	3.20
Vegemite	1.40	1.70
Tuna	2.90	3.10
Extra Fillings		
Lettuce, tomato, grated carrot, cucumber, capsicum, pickled onion	0.40	0.40
Gherkins (single fillings)	0.40	0.40
Salad = lettuce, tomato, cucumber, grated carrot	1.50	1.50
Cheese extra on sandwiches & rolls	0.50	0.50
Small tub of salad (tomato, cucumber, lettuce, carrot)	1.80	
Eggs	1.00	
Salad Packs		
Salad Pack = egg, cheese, lettuce, tomato, cucumber, capsicum, gherkins, pickled onion	4.20	
Salad Pack with bread roll	5.20	
Chicken & Salad Roll Chicken pieces, cucumber, tomato, lettuce on long roll		
Chicken & Salad Roll - Whole	5.00	
Chicken & Salad Roll - Half	2.50	
Extras		
Sauce	0.15	
Mayonnaise	0.15	
EAT MOST	Green	
EAT MODERATELY	Amber	
EAT LESS	Red	
Menu continued over page		

Drinks	
Plain milk 375 ml	1.30
Farmers Union Feel Good 375ml chocolate milk	2.30
Big M chocolate milk 250ml	1.60
Big M strawberry milk 250ml	1.60
Spring water	1.70
Berri juices 250ml Orange, Apple, Blackcurrant	1.70
Berri juices 100% 300ml Orange, apple, blackcurrant	2.00
Snacks	
Fruit wise straps 100% fruit Apricot, tropical	0.90
½ custard tart	1.20
Better Bite junior apple pie	1.20
Better Bite chocolate muffin	1.40
Popcorn thins	0.10
Bag popcorn	0.30
Rice crackers	0.05

Ice blocks	
Billabongs – chocolate	1.10
Juicies– orange, tropical	1.10
Quelch Frozen Juice Ice block	0.90
Miniz – milo	0.90
Low fat vanilla ice-cream tub	1.10

EAT MOST	Green
EAT MODERATELY	Amber
EAT LESS	Red