**The BIG Bite**

Little Grove Primary School Canteen  
Manager: Jo McLennan  
9844 4888 work - 9844 4512 home  
jandjmclennan@bigpond.com  
*Menu effective from 26th April 2016*

### Winter Menu

**Open:** Wednesdays & Fridays

*All food available these days*

Items marked with + are Green on the 'Traffic Light System'  
All other items are Amber  
(see over for more details)

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**WRAP & ROLL BAR +**

<table>
<thead>
<tr>
<th>Wrap</th>
<th>Roll</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuna</td>
<td>$3.30</td>
</tr>
<tr>
<td>Tuna &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Ham (97% fat free)</td>
<td>$3.60</td>
</tr>
<tr>
<td>Ham &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.90</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Tomato</td>
<td>$4.10</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.60</td>
</tr>
<tr>
<td>Chicken &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken &amp; Cheese</td>
<td>$3.90</td>
</tr>
<tr>
<td>Cheese</td>
<td>$3.10</td>
</tr>
<tr>
<td>Cheese &amp; Salad</td>
<td>$4.50</td>
</tr>
<tr>
<td>Cheese &amp; Tomato</td>
<td>$3.60</td>
</tr>
<tr>
<td>Plain Egg or Curried Egg</td>
<td>$3.30</td>
</tr>
<tr>
<td>Plain/Curried Egg (with Lettuce)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Vegemite</td>
<td>$2.60</td>
</tr>
<tr>
<td>Salad</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

* Wraps and Rolls available in white only

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**BURGERS +**

- **YUMBO** - Ham, Cheese .......................... $4.50
- **BIG MONSTER BURGER (BMB)** All .... $5.50
  - Chicken  
    - Cheese, lettuce, carrot, cucumber, tomato, beetroot, mayo
  - Beef  
    - Cheese, lettuce, carrot, cucumber, tomato, beetroot, tomato sauce
  - Fish  
    - Cheese, lettuce, carrot, cucumber, tomato, beetroot, mayo

  *Bun available in white only*

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**PLATTERS +**

- **SALAD** ............................................ $3.50
- **MINI SALAD** ...................................... $2.00
- **CHICKEN & SALAD** ............................ $4.60
- **HAM & SALAD** .................................... $4.60
  Salads consist of Carrot, Lettuce, Cucumber, Tomato, Cheese, Beetroot

  * Egg extra 60 cents for whole*

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**PASTRIES / HOT FOOD**

- Chicken Tender (max. order of 1) .................. each $2.00
- Chicken Tender & Chips ............................ $4.00
- Chicken Tender & Chips, Salad & Apple MEAL + $6.50
- Nacho’s & Corn Chips ............................... $4.50
- Lite Party Pie (max. order of 3) .................. each $1.20
- Mrs Mac’s Sausage Roll ............................ $4.00
- Pizza Single (Bacon and Cheese) ................. $4.00
- Macaroni & Cheese (Vegetarian) + .............. $4.00
- Fried Rice (Gluten Free) + ......................... $4.00
- Sauce .................................................. $0.50

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**DRINKS**

- Juice Box 200ml (Tropical, Orange, Apple) .......... $1.50
- LOL (various flavours) 300ml ...................... $2.70
- Spring Water 600ml + ............................. $1.20
- Milk (Plain) 200ml + .............................. $2.00
- Milk (Choc, Choc Mint, Strawberry) 300ml + .... $2.70
- MILO (recess only) + .............................. $1.50

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**ICE-CREAMS** - Available at lunch time only

- Paddle Pop (various flavours) ...................... $1.50
- Fandangle ............................................ $1.50
- Vanilla Bucket (Lite) - Gluten Free .............. $1.50
  - Full size ........................................ $0.80
  - Half Size ........................................ $0.40

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**MEAL & DRINK DEAL**

- Big Monster Burger & LOL ......................... $8.00
- Chicken Tender, Chips & LOL ..................... $6.50
- Mrs Mac’s Sausage Roll & Flavoured Milk ........ $5.30
- Pizza Single & Juice Box ............................ $5.30

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(see over for more details)*

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**VOLUNTEERS**

WE ARE ALWAYS LOOKING FOR VOLUNTEERS. You can help out as often as you want or maybe just once a term, or on a special occasion like Sports Day. You may want to work with a friend or just be a fill-in when someone can’t make it. I am always busy first up in the morning and if you can only help for that first half hour, then that’s great. Just ring or email me, I really would appreciate your help.

**Times we are looking at covering are:**
- 9.00am to 1.30pm
- 8.30am to 9.00am

For hygiene and safety, please remember to wear closed in shoes and a hat!

Many thanks
Jo McLennan - Manager
9844 4888 work - 9844 4512 home

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**AVAILABLE AT RECESS** (varies daily)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slinkies +</td>
<td>50¢ - 80¢</td>
</tr>
<tr>
<td>Seasonal Fruit +</td>
<td>prices on blackboard</td>
</tr>
<tr>
<td>Jelly Cups (with 1/3 cup tinned fruit) +</td>
<td>$1.20</td>
</tr>
<tr>
<td>Cheesies +</td>
<td>$1.50</td>
</tr>
<tr>
<td>Hash Browns (max. of 2)</td>
<td>60¢</td>
</tr>
<tr>
<td>Perfect Chicken Bites (Oriental &amp; Southern Style flavours) +</td>
<td>60¢</td>
</tr>
<tr>
<td>Popcorn (Gluten Tolerant) + small bag</td>
<td>10¢</td>
</tr>
<tr>
<td>Popcorn (Gluten Tolerant) + large bag</td>
<td>20¢</td>
</tr>
<tr>
<td>Pikelets +</td>
<td>20¢</td>
</tr>
<tr>
<td>Hash Browns (max. of 2)</td>
<td>60¢</td>
</tr>
<tr>
<td>Mini Muffins (Lemon &amp; Vanilla Yoghurt)</td>
<td>30¢</td>
</tr>
<tr>
<td>Muffins (Pumpkin) +</td>
<td>60¢</td>
</tr>
<tr>
<td>Chocolate Cake with Apple or Red Kidney Beans</td>
<td>60¢</td>
</tr>
<tr>
<td>Apple Slice +</td>
<td>60¢</td>
</tr>
<tr>
<td>Chocolate Date Slice +</td>
<td>60¢</td>
</tr>
<tr>
<td>Muffins (Pumpkin) +</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

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**Sometimes we do mix up orders.**

Please let your child know that it’s ok to come and tell us. We will always try to make it right !!!

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Lunch bags available at canteen - 5 cents each
Please write your Full Name, Room No and Lunch Order
Please wrap money securely before enclosing in bag

Salad in Wraps & Rolls consists of lettuce, tomato, carrot, cucumber
Please add 60 cents for extra cheese or egg
Please add 30 cents for any other filling

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**Little Grove Primary School Canteen**

Follows the Guidelines of the Western Australian Department of Education and Training Policy and Standards for Healthy Food and Drink Choices

Standards are based on the Traffic Light System:
- **Green (+)** – Fill the menu with foods that have salads or fruits i.e. meat & salad sandwiches & plates, burgers with salad, fruit on a stick
- **Amber** - Select carefully by allowing only certain choices on certain days i.e. pies, pizzas, hash browns and ice-cream
- **Red** – Little Grove Canteen does not have any red food of choice eg: deep fried foods, creamed buns, cakes with icing, etc

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Prices Subject to Supplier Increases