

The BIG Bite

Little Grove Primary School Canteen

Manager: Jo McLennan

9844 4888 work - 9844 4512 home

jandjmcclennan@bigpond.com

Menu effective from 24th April 2017

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)



WRAP & ROLL BAR +

	<u>Wrap</u>	<u>Roll</u>
Tuna.....		\$3.30
Tuna & Salad.....	\$4.50	\$4.50
Ham (97% fat free).....		\$3.60
Ham & Salad.....	\$4.50	\$4.50
Ham & Cheese.....		\$3.90
Ham, Cheese & Tomato.....		\$4.10
Cheese.....		\$3.10
Cheese & Salad.....	\$4.50	\$4.50
Cheese & Tomato.....		\$3.60
Plain Egg or Curried Egg.....		\$3.30
Plain/Curried Egg (with Lettuce).....	\$4.00	\$4.00
Vegemite.....		\$2.60
Salad.....	\$4.00	\$4.00

Salad consists of Lettuce, Carrot, Cucumber, Tomato

* Wraps and Rolls available in white only

SALAD PLATTERS +

Salad.....	\$3.50
Mini Salad.....	\$2.00
Tuna Salad.....	\$4.60
Ham & Salad.....	\$4.60

Salad consists of Cheese, Lettuce, Carrot, Cucumber,
Tomato, Beetroot

* Egg extra 60 cents for whole

BURGERS +

Yumbo - Ham & Cheese..... \$4.00

Big Monster Burger (BMB)

All with Cheese, Lettuce, Carrot, Cucumber,
Tomato, Beetroot

- CHICKEN with Mayo.....	\$5.50
- BEEF with Tomato Sauce.....	\$5.50
- FISH with Mayo.....	\$5.50

* Buns available in white only

PASTRIES / HOT FOOD

Traveller Classic Meat Pie.....	\$4.00
Lite Party Pie (max. order of 3)..... each	\$1.20
Mrs Mac's Sausage Roll.....	\$4.00
Yummy Drummy (max. order of 2)..... each	\$1.50
Chicken Tender & Chips.....	\$4.00
Chicken Tender & Chips, Salad & Apple MEAL +.....	\$6.50
Chicken Tender Wrap +.....	\$5.00
(incl. Cheese, Lettuce, Carrot, Cucumber, Mayo)	
Sweet Chilli Chicken Wrap +.....	\$5.00
(incl. Cheese, Lettuce, Carrot, Cucumber)	
(with Sweet Chilli Sauce & Mayo)	
Pizza Single (Bacon and Cheese).....	\$4.00
Spaghetti Bolognese +.....	\$4.00
Macaroni & Cheese (Vegetarian) +.....	\$4.00
Fried Rice (Gluten Free) +.....	\$4.00
Sauce.....	\$0.50

MEAL & DRINK DEALS

Big Monster Burger & LOL.....	\$8.00
Mrs Mac's Sausage Roll & Flavoured Milk.....	\$6.50
Pizza Single & Juice Box.....	\$5.30

DRINKS

Juice Box (Tropical, Orange, Apple) 200ml.....	\$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

ICE-CREAMS - Available at lunch time only

Fandangle.....	\$1.50
Vanilla Bucket (Lite) - Gluten Free.....	\$1.50
Frozen Fruit Stick - Full size.....	\$0.80
- Half Size.....	\$0.40

AVAILABLE AT RECESS (varies daily)

Apple Slinkies +.....	50¢ - 80¢
Seasonal Fruit +.....	prices on blackboard
Jelly Cups (with 1/3 cup tinned fruit) +.....	\$1.20
Cheesies +.....	\$1.50
Hash Browns (max. of 2).....	60¢
School Chicken Nuggets (max. of 4).....	60¢
Popcorn (Gluten Tolerant) +.....	small bag 10¢ large bag 20¢
Pikelets +.....	20¢
Oat, Apple & Coconut Biscuits.....	20¢
Muffins (Pumpkin) +.....	60¢
Chocolate Cake with Apple or Red Kidney Beans.....	60¢
Chocolate Date Slice.....	60¢
Milo.....	\$1.50

** 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
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Chicken Burger.....	Lite chicken patty in a white bun with salad varieties
Beef Burger.....	Lite beef patty in a white bun with salad varieties
Fish Burger.....	Captain's Catch Fish piece in a white bun with salad varieties
Traveller Classic Meat Pie.....	100% Australian meat in delicious gravy wrapped in golden pastry 160gm
Yummy Drummy.....	Crumbed Chicken fillet, oven baked (max. order of 2)
Chicken Tender.....	Chicken breast tenderloin, delicately spiced and crumbed 100gm
Chips.....	Crinkle cut oven fries 100gm
Chicken Tender Wrap.....	Chicken breast tenderloin wrapped in pita bread with salad varieties & mayo
Sweet Chilli Chicken Wrap.....	Chicken breast tenderloin wrapped in pita bread with salad varieties, with sweet chilli sauce & mayo
Pizza Single.....	Low fat cheese with bacon topping
Spaghetti Bolognese.....	Spaghetti covered in a Bolognese sauce, topped with a tasty cheese mix 200gm
Macaroni & Cheese.....	Macaroni with a cheese sauce 200gm
Fried Rice.....	Rice with BBQ pork & mixed vegetables (gluten free) 200gm
Cheesy.....	Half roll topped with low fat cheese & grilled
Hash Brown.....	Grilled cooked potato cakes
School Chicken Nugget.....	100% Chicken breast coated in a crunchy golden crumb
Chocolate Cake.....	Made with apple or red kidney beans – very moist & extremely popular
Chocolate Date Slice.....	A moist chocolate slice containing dates
Juice Box.....	100% juice in a tetra pack 200ml
LOL.....	Carbonated fruit drink 300ml

**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 !!!**



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

Prices Subject to Supplier Increases

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-creams

Red – Little Grove Canteen does not have any red food of choice eg: deep fried foods, creamed buns, cakes with icing, etc