

**Ready, Set, Go!**  
**Making Good Food Choices**



**Red** - Occasionally  
These foods will only be  
offered on one or two  
occasions per term.

**Amber** - Select carefully.  
Try not to let these food  
dominate your choices.

**Green** - Go, Go, Go  
We encourage and  
promote these foods.  
These are the best  
choices.

**Please note that  
tomato sauce portion  
costs 20cents**

**All food is grilled and  
oven baked.**

**Also HALAL meat** 

**Our food is freshly  
prepared daily on  
premises.**



# Banksia Rd. Primary School Canteen Menu



## Hot Food (Green/Amber)

Vegetable fried rice -----	\$3.50
Chicken breast nuggets -----	\$3.50
Low fat meat pie -----	\$3.00
98% fat free noodle cup -----	\$2.50
Pizza singles-----	\$3.00
Chicken fillet burger-----	\$4.00
Fish fillet burger-----	\$4.00
Fish fingers-----	\$3.00
Beef Hotdog-----	\$3.00
Vegetable spring roll-----	\$3.00

## Wraps/Rolls (Green)

Cheese salad (tomato,cucumber,lettuce,carrot,beetroot)-----	\$4.00
Falafel (tomato,cucumber,lettuce with tahini)-----	\$4.00
Chicken (lettuce with mayo)-----	\$4.00
Chicken Schnitzel (lettuce with mayo)-----	\$4.50
Leg Ham with Cheese (lettuce and tomato)-----	\$4.00
Egg (lettuce,tomato,cucumber with mayo)-----	\$4.00
Tuna (lettuce,tomato,diced onion with mayo)-----	\$4.00

**Note: Available in white or wholemeal  
lebanese bread and bread roll**



## Fresh Salad Box (Green)

Plain Salad (tomato,cucumber,lettuce,carrot,french dressing)-----	\$3.50
Tabouleh (parsley,tomato,onion)-----	\$4.00
Chicken Salad (tomato,cucumber,carrot,lettuce,french dressing)-----	\$4.50
Egg Salad (tomato,cucumber,lettuce,carrot,french dressing)-----	\$4.00
Tuna Salad (tomato,cucumber,lettuce,carrot,french dressing)-----	\$4.00
Chicken or Egg Caesar(tomato,cucumber,carrot,lettuce,cROUTONS,bacon)-----	\$5.50



## Sandwiches (Green)

Baked beans or Spaghetti -----	\$2.00
Honey, Jam or Vegemite -----	\$2.00
Cheese-----	\$2.50
Leg Ham-----	\$3.00
Leg Ham with Cheese -----	\$3.50
Egg, mayo and lettuce-----	\$3.00
Tuna, mayo and lettuce-----	\$3.00
Chicken, mayo and lettuce-----	\$3.50
Chicken schnitzel -----	\$4.00
Salad w/ cheese -----	\$3.50

**Note: Available in white or wholemeal**



## Snacks/Recess (Green/Amber)

Choco chip cookie -----	\$1.00
Salt reduced popcorn -----	\$1.00
Red rock deli chips -----	\$1.50
Rice sticks chips -----	\$1.00
Fruit salad -----	\$2.00
Custard cups -----	\$1.00
Seasonal fruits -----	0.80c
Jelly cups -----	0.70c
Muffins -----	0.50c
Mini pie -----	\$1.00
Hash brown -----	\$1.00
Vegetable sticks w/ hummus dip-----	\$1.00
Fruit cup-----	\$1.00
Fruit skewers-----	\$1.00
Garlic bread-----	0.50c



## Drinks (Green)

Plain water-----	\$1.50
Big M Milk-----	\$2.00
(chocolate, strawberry)	
100% Juice (Apple,Orange) -----	\$1.00

## Frozen Treats (summer only)

Ice Cream -----	\$1.00
100% Frozen juice cup -----	\$1.00
Slurpee -----	\$1.50
Ice blocks -----	\$1.00