

ST PAUL THE APOSTLE

PRIMARY
SCHOOL

~ FOOD CODING ~

G Green - fill the menu | A Amber - select carefully | R Red - only occasionally

GF Gluten Free

HEALTHY START



Fresh Fruit Salad (G) (GF) <i>Seasonal Fruit & Yoghurt</i>	\$3.50
Yoghurt & Berries (G) (GF)	\$3.00
Fruit (G) <i>Fruit available daily</i> <i>Fresh Fruit Salad</i>	\$1.00 \$3.00
Toast (G) <i>Jam or honey</i>	\$1.00

SNACKS



Jelly & low fat custard (G)	\$2.50
Fresh fruit salad (G)	\$3.00
Fresh seasonal fruit pieces (G)	\$1.00
Orchy juice cup (G)	\$1.00
Low fat frozen yoghurt (G)	\$2.50
<i>Chocolate, Strawberry, Watermelon</i>	
Low fat muffin (A)	\$2.50
Custard (A)	\$2.00
Jumpy's (A)	\$1.20
Ice blocks & ice creams (A)	\$0.80 ~ \$2.20
Popcorn	\$1.20

COLD BAR



~ SANDWICH BAR ~

Vegemite (G)	\$2.00
Curried Egg (G)	\$3.00
Egg, lettuce & mayo (G)	\$3.50
Cheese & tomato (G)	\$3.50
Smoked Ham, cheese & tomato (G)	\$4.00
Smoked Ham & cheese (G)	\$3.80
Smoked Ham & Tomato (G)	\$3.80
Smoked Ham & salad (G)	\$4.50
Roast chicken (G)	\$3.50
Roast chicken, lettuce & mayo (G)	\$4.00
Roast chicken & salad (G)	\$4.50
Salad (G)	\$4.00
<i>Beetroot, lettuce, carrot, tomato & cucumber</i>	

COLD BAR



Tuna (G)	\$3.50
Tuna, lettuce & mayo (G)	\$4.00
Tuna & salad (G)	\$4.50
Breads (G) <i>White, wholemeal or multigrain</i>	
Wrap	\$1.00
White roll	\$1.00
Turkish/Focaccia	\$1.00

~ WRAPS BAR ~

Sweet chilli chicken, salad & cheese (G)	\$4.50
Chicken Caesar, croutons, bacon, cheese & Caesar dressing (G)	\$4.50
Chicken schnitzel, lettuce & mayo (G)	\$4.50
Ham & salad (G)	\$4.50
Cheese & salad (G)	\$4.00

~ SUSHI (G) (GF) ~

Chicken Teriyaki (G)	\$3.50
Tuna (GF) (G)	\$3.50
Crab avocado (G)	\$3.50
Vegetable (GF) (G)	\$3.50

~ SALAD BOX (G) ~

With chicken or tuna	Small \$3.50 ~ Large \$4.50
Chicken Caesar	Small \$4.50 ~ Large \$5.50
Greek Salad	Small \$3.50 ~ Large \$4.50
Tabouli	Small \$3.50 ~ Large \$4.50
Garden Salad	Small \$3.00 ~ Large \$4.00

HOT BAR



~ HOT MEALS ~

Chicken Nuggets or Goujons (A)	
x 4	\$2.80
x 5	\$3.40
x 6	\$4.00
Chicken & corn roll (A)	\$2.50
Chicken wingettes (A) <i>Each</i>	\$2.50
Sweet chilli chicken tender (A)	\$2.50
Jaffle (A)	
<i>Cheese</i>	\$3.40
<i>Cheese & Tomato</i>	\$3.60
<i>Ham & Cheese</i>	\$3.60
<i>Ham, Cheese & Tomato</i>	\$4.00
Low fat hot dog (A)	
<i>With tomato sauce</i>	\$3.00
<i>With tomato sauce & cheese</i>	\$3.50
Fish burger (A) <i>With lettuce & mayo</i>	\$4.00
Lean beef burger (A)	
<i>With tomato, lettuce, beetroot & bbq sauce</i>	\$4.60
Lean chicken burger (A) <i>With lettuce & mayo</i>	\$4.50
Garlic bread (A)	\$2.00
Nachos (A) <i>With salsa & cheese</i>	\$4.00
Chicken nuggets with mash potato (A)	
<i>With 5 nuggets</i>	\$5.00
Oven baked potato wedges (A)	\$3.50

HOT BAR



~ PASTA ~

Lasagna (G)	<i>Homemade beef</i>	\$4.00
	<i>Homemade vegetarian</i>	\$4.00
Pasta (G) Penne	<i>Vegetarian</i>	\$4.00
Spaghetti Bolognese (G)		\$4.00
	<i>Homemade Bolognese</i>	
Fried Rice (G)	Small \$3.50 ~ Large	\$4.50
Butter Chicken (A) <i>With rice</i>		\$4.50
Honey Soy Chicken (A) <i>With fried rice</i>		\$4.50
Hokkien Noodles (A)		\$4.50

~ PIES ~

Lean Beef Pie (A)	\$3.50
Lean Sausage Rolls (A)	\$3.30
Lean Potato Pie (A)	\$3.60
Spinach & Ricotta Roll (A)	\$3.50

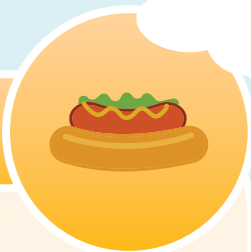
~ HOME MADE PIZZA SLAB ~

Margarita (G) <i>Cheese & Tomato</i>	\$3.50
Vegetarian (G) <i>Olives & roast capsicum</i>	\$3.80
Hawaiian (G) <i>Ham & Pineapple</i>	\$3.60
Chicken (G) <i>Lean roast chicken & bbq sauce</i>	\$3.60

~ TURKISH BREADS ~

Chicken Schnitzel Delight (A)	\$5.50
	<i>Chicken schnitzel, roast capsicums & cheese</i>

HOT BAR



Chicken Delight (A)	\$5.00
	<i>Roast chicken, avocado, sundried tomatoes & cheese</i>
Mediterranean Delight (A)	\$5.00
	<i>Olives, artichokes, roast capsicum & fetta cheese</i>
Vegetarian Delight (A)	\$5.00
	<i>Eggplant, sundried tomatoes, roast capsicum & cheese</i>
Ham Delight (A)	\$5.00
	<i>Smoked ham, sundried tomatoes, olives & cheese</i>
Turkey Delight (A)	\$5.00
	<i>Roast turkey, cranberry sauce & cheese</i>

BEVERAGES



~ COLD DRINKS ~

Water (G)	
<i>Spring water 600ml</i>	\$2.00
Milks – Low Fat – 300ml (G)	
<i>Plain</i>	\$1.20
<i>Chocolate, strawberry</i>	\$2.50
Juice Poppers (A)	\$1.50