

COLONEL'S KITCHEN 2012

Hot Food	
Order through class box	
Colonel's Chicken Burger (A)	4.20
Chicken fillet, lettuce, tomato, mayo (with cheese)	4.50
Chicken Roll (A) hot with mayo	4.00
Cup Noodles (A) ☺	2.10
Fried Rice (A)	4.00
Lasagna – vegetarian (G) ☺	4.00
Hot Dog (+ / - sauce)	3.00
Macaroni Bake (A) ☺	4.00
Macaroni Cheese (A) ☺	4.00
Pasty (A) ☺	2.30
Patties – chicken ☺	2.00
Pie (A) ☺	3.50
Pie – Junior (A)	2.50
Pie – Potato (A)	3.80
Pizza – Ham & Pineapple (A)	2.50
Potato Bake (A)	4.00
Sausage Roll (A)	2.50
Spaghetti Bolognese (A)	4.00
Salad Tub – bread roll & fork (G) ☺	
Tomato, carrot, lettuce, cucumber	2.80
Tuna Macaroni vegetarian (G)	
98% fat free ☺	4.00
Wedges (A)	3.50

Drinks	
Orange Fruit Box 100% (G)	1.60
Juice Popbottle (G)	
Apple, apple/blackcurrant	1.80
LOL Tropical, blackcurrant, raspberry, mandarin/apple, apple/peach/mango	2.40
Oak (low fat milk) 300ml (G)	
Choc, strawberry	2.40
Breaka Milk choc, strawberry, vanilla	1.50
Spring Water (G)	1.30
Terms 2 and 3 only	
Hot Chocolate (G)	1.20

Cold Foods, sandwiches, rolls and wraps (G)			
Wholegrain only – marg on request. Toasted + 0.20			
	<u>s/wich</u>	<u>roll</u>	<u>wrap</u>
Buttered	1.00	1.20	1.20
Cheese	2.10	2.30	2.30
Cheese and salad	3.00	3.30	3.30
Chicken	3.80	4.00	4.00
Chicken and salad	4.60	4.80	4.80
Ham	2.60	2.90	2.90
Ham and salad	3.60	3.90	3.90
Salad	2.70	2.90	2.90
Tuna ☺	3.00	3.20	3.20
Tuna and salad	4.00	4.20	4.20

Extras:

Beetroot, carrot, cheese, cucumber, tomato	0.80 each
Vegemite, mayo, mustard, tomato sauce	0.30 each

Recess only – only over counter	
Chicken Sticks (A) max 2	0.40
Hash Browns (A) max 2	0.40
Mini Pizza (A)	0.60
Small Hot Buttered roll (G)	0.50
Hot Dog Sausage (G)	1.30

Ice Blocks – lunch only – over counter only	
Billabong choc chip, triple swirl	1.50
Frosty Fruit Tropical (G)	1.20
Frozen Choc Custard (A)	0.90
Frozen Jelly Sticks (G) max 5	0.20
Frozen Yoghurt (A)	2.00
Mini Pyramid (A) chocolate	0.80
Ice cream slice (A)	0.80
Life Saver (G)	1.20
Quelch Full (G)	0.60
Half (G)	0.40
Sunburst Apple Cup	0.80

Miscellaneous	
Only over Counter	
Choc biscuit (A)	0.60
Chocolate custard (A)	0.90
Crunchies (A)	0.30
Fresh fruit – Apple (G)	1.00
Fresh Popcorn (G)	0.30
Jummies Fruit sticks (A) max 2	0.15
JJ Crackers	1.20
Mammee Noodles (A)	0.70
Red Rock Chips (A)	1.20
Extras	
Lunch bags, each	0.05
Mayonnaise	0.30
Mustard	0.30
Plastic fork	0.10
Plastic spoon	0.10
Slinky apple –own apple	0.20
Slinky apple – buy apple	1.20
Straw, each	0.05
Tomato Sauce	0.30



Right Bite Policy
(G) indicates GREEN FOODS Choose plenty
(A) indicates AMBER FOODS Select carefully
☺ indicates HALAL CERTIFIED FOODS
All foods have been carefully selected to meet the “Right Bite” guidelines. This includes reduced sodium, fat, carbohydrates and sugar.
In some cases, portion sizes have also been reduced.
Please note price changes for the 2012 menu
Canteen Phone Number 8276 7232
Late lunch orders received after 10am may not receive the preferred order. They may be treated as an emergency lunch and offered a sandwich (vegemite, cheese or buttered) and for the gluten intolerant, a salad.

PLEASE PRINT ME OFF AND STICK ME ON THE FRIDGE