

COLONEL'S KITCHEN 2013

Hot Food	
Order through class box	
Colonel's Chicken Burger (A)	4.80
(Chicken fillet, lettuce, tomato, mayo)	
(Chicken fillet, lettuce, tomato, mayo, cheese)	5.20
Chicken Fillet	2.30
Cup Noodles (A) ☺	2.50
Fried Rice (A)	4.50
Lasagna – vegetarian (G) ☺	4.50
Hot Dog (+ / - sauce)	3.00
Hot Chicken Roll (with mayo)	4.50
Macaroni Bake (A) ☺	4.50
Macaroni Cheese (A) ☺	4.50
Pasty (A) ☺	4.00
Pie (A) ☺	3.80
Pie – Junior (A)	2.70
Pizza – Ham & Pineapple (A)	2.70
Potato Bake (A)	4.50
Sausage Roll (A)	2.70
Spaghetti Bolognese (A)	4.50
Salad Tub with bread roll & fork (G) ☺	
(Tomato, carrot, lettuce, cucumber)	3.00
Tuna Macaroni (vegetarian) (G) 98% fat free ☺	4.50
Wedges (A)	3.80

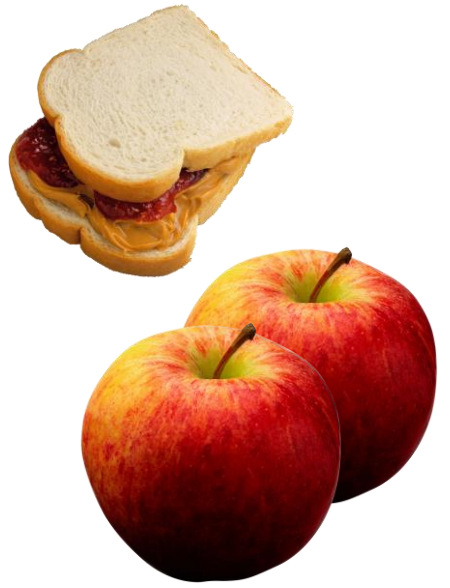
Drinks	
Orange Fruit Box 100% (G)	1.60
Juice Pop-bottle (G)	
(Apple, apple/blackcurrant)	1.80
LOL	
(Tropical, blackcurrant, raspberry, mandarin/apple, apple/peach/mango)	2.40
Oak (low fat milk) 300ml (G)	
(Chocolate, strawberry)	2.40
Breaka Milk	
(Chocolate, strawberry, vanilla)	1.50
Spring Water (G)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

Cold Foods, sandwiches, rolls and wraps (G)			
Wholegrain only – margarine on request. Toasted + 0.20			
	s/wich	roll	wrap
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	3.20	3.40	3.40
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	
Vegetemite, mayo, mustard, tomato sauce		0.30 each	

Recess time 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)	1.40

Ice Blocks	
(over counter & lunchtime only)	
Frosty Fruit Tropical (G)	1.20
Frozen Choc Custard (A)	1.00
Frozen Jelly Sticks (G) max 5	0.20
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	0.90

Miscellaneous	
Only over Counter	
Choc biscuit (A)	0.60
Chocolate custard (A)	1.00
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)	0.80
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 PRINT ME OFF AND STICK ME ON THE FRIDGE
Canteen ph # 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 (vegetemite, cheese or buttered) and for the gluten intolerant, a salad.

PRICES SUBJECT TO CHANGE - PLEASE CHECK CLG'S FORTNIGHTLY NEWLETTER FOR CHANGES AND AMEND ON YOUR COPY