

# COLONEL'S KITCHEN 2015

## GREEN - HEALTHIEST FOOD CHOICES (CHOOSE PLENTY)

### COLD FOOD - LUNCH ONLY

		S/WICH	ROLL	WRAP
<b>No 1</b>	<b>CHICKEN</b>	\$ 3.80	\$ 4.00	\$ 4.00
<b>1a</b>	ADD SALAD (tomato, lettuce, Cucumber, carrot)	\$ 4.60	\$ 4.80	\$ 4.80
<b>No 2</b>	<b>HAM</b>	\$ 2.60	\$ 2.90	\$ 2.90
<b>2a</b>	ADD SALAD (tomato, lettuce, cucumber, carrot)	\$ 3.60	\$ 3.90	\$ 3.90
<b>No 3</b>	<b>TUNA</b>	\$ 3.00	\$ 3.20	\$ 3.20
<b>3a</b>	ADD SALAD (tomato, lettuce, cucumber, carrot)	\$ 4.00	\$ 4.20	\$ 4.20
<b>No 4</b>	<b>CHEESE</b>	\$ 2.10	\$ 2.30	\$ 2.30
<b>4a</b>	ADD SALAD (tomato, lettuce, cucumber, carrot)	\$ 3.00	\$ 3.30	\$ 3.30
<b>No 5</b>	<b>BUTTER</b>	\$ 1.00	\$ 1.20	\$ 1.20
<b>No 6</b>	<b>VEGEMITE &amp; BUTTER</b>	\$ 1.30	\$ 1.50	\$ 1.50
<b>No 7</b>	<b>SALAD</b> (tomato, lettuce, cucumber, carrot)	\$ 3.20	\$ 3.40	\$ 3.40

<b>Extras:</b>	Beetroot, carrot, cheese, tomato, cucumber	\$ 0.80
	Vegemite, mayonaise, mustard, sauce	\$ 0.30

<b>Toasted</b>	Sandwich, Roll, Wrap <b>ADD</b>	\$ 0.20
----------------	---------------------------------	---------

<b>Salad Tub</b> (bread roll, fork, lettuce, carrot, cucumber, tomato)	\$ 3.20
--	---------

### ANYTIME COUNTER PURCHASE FOOD

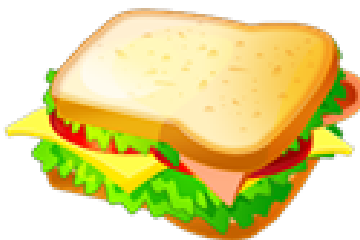
APPLE	\$ 1.00
CRUNCHIES	\$ 0.30
POPCORN	\$ 0.30
SCRUMMY BALLS	\$ 0.20

### LUNCHTIME COUNTER PURCHASE ICEBLOCKS

SUNBURST - apple	\$ 0.90
------------------	---------

### ANYTIME PURCHASE DRINKS

Just Juice Fruit Box ( orange, blackcurrent, apple)	\$ 1.60
Spring Water	\$ 1.30
Hot Chocolate - <b>Terms 2 &amp; 3 only</b>	\$ 1.20



All foods have been carefully selected to meet the "Right Bite" guidelines.

This includes reduced sodium, fat, carbohydrates & sugar. In some cases portion sizes have been reduced.

**PLEASE PRINT ME OFF AND STICK ME ON THE FRIDGE**

**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.**

## AMBER - OCCASSIONAL FOOD CHOICES (SELECT CAREFULLY)

### HOT FOOD - LUNCH ONLY

COLONEL'S CHICKEN BURGER		
(chicken fillet, lettuce, tomato, mayo)		\$ 5.00
add cheese		\$ 5.50
Chicken Fillet		\$ 2.40
Cup Noodles		\$ 2.50
Hot Dog		\$ 3.00
Roast Chicken Roll with mayo		\$ 4.50
Macaroni Cheese		\$ 4.50
Pasty		\$ 4.20
Pie		\$ 4.20
Pie Junior		\$ 3.00
Pizza		\$ 3.00
Sausage Roll		\$ 3.00
Wedges		\$ 4.00
Tomato sauce sachet		\$ 0.30

### Recess Only

Chicken sticks - maximum 2	\$ 0.40
Hash browns - maximum 2	\$ 0.50
Mini Pizza - <b>term 2+3 (Thurs + Friday's)</b>	\$ 0.50

### ANYTIME COUNTER PURCHASE FOOD

Chocolate Custard	\$ 1.00
JJ Crackers	\$ 1.30
Mammee Noodles (chicken, BBQ)	\$ 0.80
Chips (honey soy chick, sea salt, BBQ sour cream & onion, sea salt)	\$ 1.30

### LUNCHTIME COUNTER PURCHASE - ICE BLOCKS

Frozen Chocolate Custard	\$ 1.00
Frozen Jelly stick - maximum 5	\$ 0.20
Frozen Zing	Half \$ 0.40 Full \$ 0.80
Ice Cream Slice	\$ 0.80
Icy Pole - lemonade	\$ 1.00
Life Saver	\$ 1.20
Mini Chocolate Pyramid	\$ 0.80

### ANYTIME COUNTER PURCHASE DRINKS

Breaka Milk (chocolate, strawberry, vanilla)	\$ 1.50
LOL (blackcurrant, raspberry, tropical)	\$ 2.40

Prices subject to change- please check Newsletter for changes and update this copy.