

COLONEL'S KITCHEN 2016

GREEN - HEALTHIEST FOOD CHOICES (CHOOSE PLENTY)

COLD FOOD - LUNCH ONLY

| | | S/WICH Or WRAP |
|-------------|--|----------------|
| No 1 | CHICKEN | \$ 3.80 |
| 1a | ADD SALAD (tomato, lettuce, Cucumber, carrot) | \$ 5.40 |
| No 2 | HAM | \$ 2.60 |
| 2a | ADD SALAD (tomato, lettuce, cucumber, carrot) | \$ 5.20 |
| No 3 | TUNA | \$ 3.00 |
| 3a | ADD SALAD (tomato, lettuce, cucumber, carrot) | \$ 4.60 |
| No 4 | CHEESE | \$ 2.50 |
| 4a | ADD SALAD (tomato, lettuce, cucumber, carrot) | \$ 4.10 |
| No 5 | BUTTER | \$ 1.20 |
| No 6 | VEGEMITE & BUTTER | \$ 1.50 |
| No 7 | SALAD (tomato, lettuce, cucumber, carrot) | \$ 4.00 |

| | | |
|----------------|--|---------|
| Extras: | Beetroot, carrot, cheese, tomato, cucumber | \$ 0.80 |
| | Vegemite, mayonaise, mustard, sauce | \$ 0.30 |

| | | |
|----------------|---------------------------|---------|
| Toasted | Sandwich, Wrap ADD | \$ 0.20 |
|----------------|---------------------------|---------|

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|------------------|---|---------|
| Salad Tub | (bread roll, fork, lettuce, carrot, cucumber, tomato) | \$ 3.90 |
|------------------|---|---------|

ANYTIME COUNTER PURCHASE FOOD

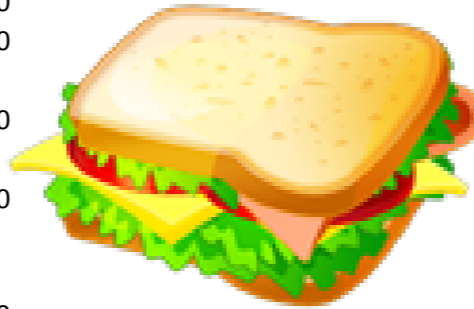
| | |
|---------------|---------|
| APPLE | \$ 1.00 |
| CRUNCHIES | \$ 0.30 |
| POPCORN | \$ 0.30 |
| SCRUMMY BALLS | \$ 0.20 |

LUNCHTIME COUNTER PURCHASE ICEBLOCKS

| | |
|------------------|---------|
| SUNBURST - apple | \$ 1.00 |
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ANYTIME PURCHASE DRINKS

| | |
|---|---------|
| Just Juice Fruit Box (orange, blackcurrent, apple) | \$ 1.60 |
| Spring Water | \$ 1.40 |
| Hot Chocolate - Terms 2 & 3 only | \$ 1.20 |



AMBER - OCCASSIONAL FOOD CHOICES (SELECT CAREFULLY)

HOT FOOD - LUNCH ONLY

| | |
|---|---------|
| COLONEL'S CHICKEN BURGER (chicken fillet, lettuce, tomato, mayo) | \$ 6.20 |
| add cheese | \$ 6.80 |
| Chicken Fillet | \$ 2.40 |
| Cup Noodles | \$ 2.50 |
| Hot Dog (with or without sauce) | \$ 3.30 |
| Roast Chicken Roll with mayo | \$ 4.50 |
| Macaroni Cheese | \$ 4.50 |
| Pasty | \$ 5.00 |
| Pie | \$ 5.00 |
| Pie Junior | \$ 3.50 |
| Pizza | \$ 3.20 |
| Sausage Roll | \$ 3.20 |
| Wedges | \$ 4.00 |
| Tomato sauce sachet | \$ 0.30 |

Recess Only

| | |
|----------------------------|---------|
| Chicken sticks - maximum 2 | \$ 0.50 |
| Hash browns - maximum 2 | \$ 0.50 |

ANYTIME COUNTER PURCHASE FOOD

| | |
|------------------------------------|---------|
| Chocolate Custard | \$ 1.00 |
| JJ Crackers | \$ 1.40 |
| Mamsee Noodles (chicken, BBQ) | \$ 0.80 |
| Chips (honey soy chick, sea salt) | \$ 1.40 |

LUNCHTIME COUNTER PURCHASE - ICE BLOCKS

| | |
|--------------------------------|--------------|
| Frozen Chocolate Custard | \$ 1.00 |
| Frozen Jelly stick - maximum 5 | \$ 0.20 |
| Frozen Zing | Half \$ 0.40 |
| | Full \$.80 |
| Ice Cream Slice | \$ 1.00 |
| Icy Pole - lemonade | \$ 1.00 |
| Life Saver | \$ 1.20 |
| Mini Chocolate Pyramid | \$ 0.80 |

ANYTIME COUNTER PURCHASE DRINKS

| | |
|--|---------|
| Breaka Milk (chocolate, strawberry, vanilla) | \$ 2.00 |
| LOL (blackcurrant, raspberry, tropical) | \$ 2.60 |

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.

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