

HEALTHY FOODS FOR
HEALTHY MINDS

GARRAN CANTEEN

Welcome to Garran Primary School's canteen.
Our canteen operates 5 days a week with the full support of our P&C.

We follow Nutrition Australia guidelines and our aim is to provide our students with affordable and accessible options with regards to encouraging healthy eating patterns.

There is always a broad variety to what we provide and we do this on a seasonal basis all year round. Our teacher's and staff are always a great support and we pride ourselves as being an award-winning canteen since 2013.

It's always a pleasure to meet new families joining our school. Every year is different and it provides us with new ideas to make sure our students have the best diversity in nutritional options.

SANDWICHES

- \$2.20 CHEESE
- \$3.50 EGG
- \$3.50 TUNA
- \$3.50 TUNA & CELERY (MIXED WITH MAYONNAISE)
- \$3.80 LITE PHILADELPHIA CHEESE & CUCUMBER
- \$5.00 SALAD (LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT) - V
- \$4.50 "HENNY PENNY" (EGG, LETTUCE & MAYO)
- \$2.20 VEGEMITE
- \$4.00 CHICKEN

TOASTED SANDWICHES

- \$2.70 CHEESE
- \$4.50 "CHEETO" (CHEESE & TOMATO)
- \$4.00 "MAMA MIA" (SPAGHEZ & CHEESE)
- \$4.00 "TOSTADO" (CHEESE & SALSA)
- \$4.50 "CHICK CHICK" (CHICKEN & CHEESE)

SALAD TUBS

- \$5.00 LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT & CHEESE
- ADD MAYONNAISE OR LIGHT SALAD DRESSING - EXTRA \$0.50
EXTRA SALAD FILLINGS (TUNA, EGG OR CHICKEN) - ADD \$0.50

- HEALTHY CHOICE - EVERYDAY
- GOOD CHOICE - OCCASIONAL

HOT FOOD / LUNCH ORDERS

- \$5.50 HOT JACKET POTATO WITH BAKED BEANS & CHEESE-V
- \$5.50 HOT JACKET POTATO WITH SALSA & CHEESE-V
- \$6.00 HOT JACKET POTATO WITH MUSHROOMS, SHALLOTS & CHEESE-V
- \$1.00 FRESH STEAMED CORN ON THE COB -V
- \$0.80 HARD BOILED EGG - V
- \$6.00 GARRAN BURGER (CHICKEN FILLET BREAST, LETTUCE & MAYO)
- \$6.00 JAKE BURGER (BEEF PATTIE, CHEESE & TOMATO SAUCE)
- \$6.00 HAMBURGER (BEEF PATTIE, TOMATO, LETTUCE & TOMATO SAUCE)
- \$6.00 SWEET CHILLI CHICKEN WRAP (LETTUCE, TOMATO & MAYO) - H
- \$5.00 HOT CHICKEN & CHEESE ROLL - H
- \$4.50 TWISTA PASTA - SPAGHETTI BOLOGNAISE
- \$5.00 BUTTER CHICKEN WITH RICE - H
- \$5.00 MACARONI & CHEESE - V H
- \$5.00 SPLIT PEA & LENTIL DAHL WITH BASMA] RICE - V H
- \$1.20 PARTY PIE (LOW FAT)
- \$3.00 SAUSAGE ROLL (LOW FAT)
- \$4.00 "CRUIZER" PIE (LOW FAT)

EXTRAS

- \$0.10 WOODEN FORK
- \$0.10 WOODEN SPOON
- \$0.20 TOMATO SAUCE

DRINKS

- \$1.00 WATER - 300ML
- \$2.50 FLAVOURED MILK - CHOCOLATE OR STRAWBERRY
- \$1.50 JUICE - APPLE OR ORANGE 200ML
- \$1.50 PLAIN MILK - 300ML

