

ST MARY'S CANTEEN MENU 2021

AVAILABLE THURSDAY

Orders to be placed online at <https://stmarysale.cdfpay.org.au> by **9:15am**. Manual bag orders will be accepted in special circumstances and dropped off to the office by **9am**. Correct money must be provided with manual orders as no change can be given. Thank you.

The products on this menu are either:

Green (G) - Foods and drink on the everyday category are consistent with the Dietary Guidelines for children and adolescents in Australia

OR

Amber (A) - Amber foods are to be eaten in moderation, typically food that is processed that have fat, sugar or salt added

Any orders after 9:15am will be limited with the canteens availability of food

LUNCH ORDERS ONLY

Toasted Sandwiches			Hot Food		
Toasted Sandwich:					
Cheese (reduced fat cheese)	G	\$2.00	Chicken Nuggets (max 6)	A	0.60c
Ham & Cheese	A	\$3.00	Beef Party Pie	A	\$1.00
Vegemite & Cheese	G	\$2.20	Sausage Roll	A	\$3.00
			Beef Pie	A	\$4.50
			Lasagna	G	\$5.20
			Fried Rice (Gluten Free)	G	\$5.20
Bread Options: White (W), Multigrain (G)					
Tomato or BBQ Sachet		0.30c			

LUNCH ORDERS & COUNTER SALES

Snacks			Cold Food		
Tuckshop Crunch - per scoop	G	0.60c	Quelch	A	0.50c
Popcorn	G	\$1.50	Paddlepop (<i>chocolate or rainbow</i>)	A	\$1.60
Pretzels	G	\$1.80			

DRINKS

Chocolate / Strawberry Milk	A	\$2.00
Juice Box	A	\$2.00