



THE GUMMY RUMBLE

Falcon Primary School Canteen Menu – Endorsed by the Principal. Term 3 2016

<u>Breakfast/Recess</u>			
A selection of the following will be available every day.			
Muffins - savoury or fruit	AMBER	small Large	\$0.20 \$1.00
Bean Bombs			\$1.00
Snails – savoury or fruit			\$1.00
Raisin toast			\$1.00
Pizza sub/Cheesie			\$1.00
Pancakes			\$0.50
Pancake sandwich			\$1.00
-2 mini pancakes with ricotta & fruit filling			
Dip Cup			
Fruit with yoghurt dip			\$1.00
Vegetables with Savoury Dip			\$1.00
Fresh fruit - whole pieces of seasonal fruit			\$0.50
Fruit Salad		Bowl	\$1.00
		Add Yoghurt	\$0.30
Muesli & Berries Yoghurt			\$2.00
Yoghurt			\$1.00
Munchie Mix- a mix of cereals and dried fruit	AMBER		\$1.00
Munchie Mix - with bowl of milk and spoon			\$2.00
Popcorn			\$0.50
Crunch & Sip Packs		Small	\$0.50
Zip lock bags of fruit, vegetables and a mix of both		Large	\$1.00
suitable to take to class			
Cracker and Cheese pack- cubes of cheese & jatz			\$1.00



Help is always needed in the canteen so if you can spare anytime please pop in & lend a hand

<u>Sandwiches, Wraps and Salads</u>			
All sandwiches will be a white/multigrain combo unless requested.			
Plain or toasted			\$1.50
One filling			\$3.00
Two fillings			\$3.50
Three fillings			\$4.00
Meat or Egg and Salad			\$4.50
Twister Wrap			\$4.50
Chicken Caesar Wrap			\$4.50
Sandwich fillings			
Ham, Chicken, Tuna, Egg or Cheese			
Lettuce, Tomato, Carrot, Cucumber			
Additional salad - beetroot, pineapple, onion			\$0.50
Avocado (when available)			\$1.00
Meat and Salad Pack		small large	\$3.50 \$4.50
Caesar Salad			\$3.50
Chicken Caesar Salad			\$4.50
Salad Pack			\$3.50

Water			\$1.50
Choc Splash, Strawberry Smash, Banana Blast			\$2.00
Choc Mint Hit, Creamy Caramel			\$2.00
Up & Go - Choc, Vanilla, Strawberry, Banana			\$2.00
Juice Box- Apple, Tropical, Apple & Blackcurrant			\$1.50
			AMBER

The School follows the healthy foods traffic light system and all items for sale are green unless stated.

THE TUMMY RUMBLE

HOT MEALS AVAILABLE DAILY

ALL MADE IN THE CANTEEN

Spaghetti Bolognese	\$4.50
Vegetarian Pasta	\$4.00
Fried Rice	\$4.50
Shepherd's Pie	\$4.50

Icecreams - Available Tuesday and Friday

Icypole	AMBER	\$1.00
Fandangle	AMBER	\$2.00
Vanilla icecream bucket	AMBER	\$1.50



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DAILY SPECIALS

MONDAY DOGDAY

Hot Dog AMBER \$4.00

TACO TUESDAY

Beef or Chicken with cheese, salad and salsa in a toasted tortilla \$4.50
Add guacamole \$1.00

WEDNESDAY

Tummy Rumble House Pizza \$4.50
canteen made pizza base

Margherita

Hawaiian

BBQ Chicken

Ham and Cheese

THURSDAY

Winner Winner Chicken Dinner \$5.00
Fresh chicken breast crumbed in the canteen with wedges and crunchy slaw

FRIDAY PIEDAY

canteen made \$1.20
Party sausage roll \$3.00
Sausage roll

Mrs Macs school approved

Party pie

Meat pie

Beef & Cheese Cruiser pie

Sauce portion

AMBER

AMBER

AMBER

\$1.20

\$3.50

\$3.50

\$0.30

Mel Clements - Canteen Manager - 9534 2934