

HEALTHY FOOD GUIDE

EVERYDAY CATEGORY—GREEN FOOD

Breads and cereals, rice, pasta noodles

Vegetables and fruits

Dairy foods— reduced and low fat milk, yoghurt and cheese

Lean meat and eggs

SOMETIMES CATEGORY—AMBER FOOD

Full fat dairy

Reduced fat processed meats

100% fruit juices and ices

Margarines, oils, spreads, sauces and gravies

Our canteen supports a whole school approach to healthy eating

Everything we make onsite is loaded with fresh vegetables and either oven baked or air-fried (cooked using hot air and no oil).

We cater for all! Gluten-free, vegetarian, Dairy Free and halal menu items are available on request.

Various bread, including rolls and wraps can be requested.

Our cheeses, milk, cream & yoghurt are all low-fat and our pasta is vegetable based and low in carbohydrates.

Our recipes have all been checked and comply with the Healthy Schools Achievement Program. They are available for viewing in the canteen on request.

We send all our food scraps to our chickens who in return give us beautiful eggs that we use in our recipes and the majority of our packaging will be composted on the school grounds, lowering our carbon footprint.

We support Local Business by buying our pastries from Cowards Cakes.

CANTEEN MENU 2020

Wednesday, Thursday,
Friday



MILDURA WEST
PRIMARY SCHOOL
Making our Mark

» **EFTPOS available** «

» **NO CREDIT** «

All Day Menu

Snacks

Fresh Air popped Popcorn	\$0.50
Low fat Greek Yoghurt and berries	\$2.00
add granola	\$3.00
Housemade Banana mini muffin	\$0.50
Housemade dried Apple chips	\$0.50
Housemade dried season fruit chips	\$0.50
Water crackers & lite cheese	\$1.00
Anzac Cookie	\$1.00

Vanilla Cookie	\$1.00
Red Rock Deli Honey & Soy	\$1.50
Red Rock Deli Sea Salt	\$1.50

Fresh Fruit and Healthy Snacks

Please pre-order

Fruit Friends (choice of 1 cut seasonal fruit)	\$1.00
Fruit salad bowl (4 types of seasonal fruit)	\$3.00
add low fat yoghurt	\$3.50
Snack pack	\$2.50
<small>(chicken breast, tomato, carrot, cucumber, lite cheese and water crackers)</small>	

Corn chips, (smashed avo, salsa & sour cream)	\$4.00
Corn chips with salsa	\$2.50

All Day Menu

Drinks

Water 250ml	\$1.00
Nippys Milk (chocolate, strawberry, honeycomb)	\$2.00
House made Mixed Berry Smoothie	\$2.00
<small>made with Greek yoghurt and frozen berries</small>	
House made Banana Smoothie	\$2.00
<small>made with Greek yoghurt and fresh banana</small>	

Berri Juice (Apple, Orange ,Apple & Blackcurrant)	\$2.00
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Frozen Snacks

Streets Mini Calippo	\$1.00
Paddlepop Lemonade Twist	\$1.00
Bulla Strawberry Frozen Yoghurt	\$1.50
Bulla Mango Frozen Yoghurt	\$1.50
Bulla Raspberry Frozen Yoghurt	\$1.50
Chocolate Moosie (lite frozen flavoured milk)	\$1.00
Banana Moosie (lite frozen flavoured milk)	\$1.00
Strawberry Moosie (lite frozen flavoured milk)	\$1.00
Cruncha 100% orange juice	\$1.00

Frozen Grapes	\$0.50
Frozen Pineapple Rings	\$0.50

Lunch only

Healthy Vegetarian sausage roll	\$1.80
Vegetable Frittata	\$3.50
Low fat Hotdog (extra .50 for lite cheese)	\$4.00
Lean Beef patty in a bun	
<small>(cheese, lettuce, tomato)</small>	\$4.00
Lean Chicken patty in a bun	
<small>(cheese, lettuce, tomato)</small>	\$4.00
House made Beef Lasagne	\$5.00
House made Napoletana pasta	\$4.00
Garden Vegetable Bolognese pasta	\$5.00
<i>Your choice of white wholemeal, multigrain or Gluten-free bread or wraps or lettuce wraps</i>	
Chicken, lettuce & mayo sandwich	\$3.50
Chicken & salad sandwich (your choice of salad)	\$4.00
Single filling sandwich	\$2.00
Toasted	\$0.50
<i>(cheese, lettuce, tomato, carrot, cucumber, capsicum, spinach, avocado, onion)</i>	
Chicken or Ham Salad Bowl	\$4.00
Garden Salad Bowl	\$3.50
Tuna & Avo sushi (FRIDAY ONLY)	\$2.00
Teriyaki Chicken Sushi (FRIDAY ONLY)	\$2.00

Cowards Large lite Beef Pie	\$3.50
Cowards Vegetarian Pastie	\$2.50
Cowards Beef Sausage roll	\$1.40
School approved baked Nuggets x 4	\$3.00
School approved baked Nuggets x 6	\$4.50
Lite Fried rice (with or without ham)	\$4.00
<i>Your choice of white, wholemeal, multigrain or Gluten-free bread or wraps or lettuce wraps</i>	
Ham & salad sandwich (your choice of salad)	\$4.00

All orders to the canteen before 9am, please – EFTPOS available