



Government
of South Australia

Department for Education
and Child Development

Parafield Gardens R-7 School

Save the Children – United Nations Global Peace School

23 Shepherdson Road, Parafield Gardens SA 5107
Telephone (08) 8258 1816 FAX (08) 8281 5857
dl.0537_info@schools.sa.edu.au - www.pgardens.sa.edu.au



2016 CANTEEN PRICE LIST



Under the **Right Bite** strategy, food and drinks are classified into three categories according to their nutritional 'healthy eating' value:

GREEN Choose Plenty = the best choices for schools and preschools

AMBER Select Carefully = food and drinks that should be selected carefully


RED Occasionally = foods and drinks high in fat, sugar and/or salt, banned from sale in school canteens

N.B. Lunch bags are available for home at a cost of 2c each.

Green

Fillings	Sandwich Wholemeal or White	Rolls Wholemeal or White or Tortilla Wrap
Tuna	\$2.80	\$3.30
Tuna & Lettuce	\$3.20	\$3.70
Tuna, Lettuce, Tom	\$3.60	\$4.10
Tuna, Onion	\$3.20	\$3.70
Egg	\$2.80	\$3.30
Egg and Lettuce	\$3.20	\$3.70
Curried Egg	\$2.90	\$3.40
Curried Egg & Lettuce	\$3.30	\$3.80
Tomato & Cucumber	\$2.80	\$3.30
Beetroot	\$2.60	\$3.10
Salad	\$3.20	\$3.70

In Between Green & Amber

Fillings	Sandwich Wholemeal or White 	Rolls Wholemeal or White or Tortilla Wrap
Vegemite	\$2.40	\$2.90
Ham	\$2.80	\$3.30
Cheese	\$2.80	\$3.30
Cheese & Salad	\$3.80	\$4.30
Ham & Cheese	\$3.20	\$3.70
Ham, Cheese & Tom	\$3.60	\$4.10
Chicken	\$3.00	\$3.50
Chicken & Salad	\$4.00	\$4.50
Chicken, Lettuce & Tomato	\$3.80	\$4.30
EXTRAS		
Gherkin, Onion, Lettuce, Tomato, Cheese, Beetroot, Cucumber, or Grated Carrot		40 cents each
Tomato Sauce, Mayonnaise or Mustard		25c

Green

Salad Bag- Lettuce, Tomato, Cucumber, Egg Carrot, Pickled Onion, Gherkin & 1 slice of Bread	\$4.60
Corn Cob	90c
Canteen made soup - Terms 2 & 3	\$3.50 with 1 slice of bread or \$4.00 with a roll

Green and Amber

Toastie Fillings	Whole	Half	Hot Rolls	
Ham & Cheese	\$3.50	\$1.95	Hot Ham & Cheese Roll	\$4.00
Ham, Cheese & Tom	\$3.90	\$2.20	Hot Chicken Mayo Roll	\$4.00
Baked Beans	\$3.00	\$1.75	Sweet Chilli Sub	\$5.00
			Sweet Chilli Wrap	\$5.00

Green and Amber

Energy Plate – Salad, Cheese, Meat of choice, 1 slice of Bread and a piece of Fruit	\$7.00
--	--------

Green

Amber

Beef Burger Plain - (Beef & Bun)	\$3.60	Chicken/Beef Noodles	\$2.70
Cheese Burger (Beef, Cheese & Sauce)	\$4.00		
Burger with the Lot (Beef Cheese, lettuce & Tomato with sauce)	\$5.00	Chicko	\$2.10
Chicken Burger Plain - (Chicken & Bun)	\$3.60		
Chicken Burger with the Lot (Chicken, Lettuce, Tomato and Mayo)	\$4.50	Small Pastie	\$3.00
Chicken Burger with the Lot & Cheese (Chicken, Cheese, Lettuce, Tomato and Mayo)	\$5.00	Small Pie	\$3.00
Burger Extras – Lettuce, Tomato Cheese, Carrot Beetroot & Gherkin	40c ea	Sausage Roll	\$3.00
Sauce & Mayo	25c ea	Hotdog (97% fat free)	\$2.90 W/Sauce \$3.15
Pasta Bolognaise	\$4.20	½ Hotdog	\$1.90 W/Sauce \$2.00
Spaghetti Bolognaise	\$4.20		
Chicken Curry Rice	\$4.20	Chicken Crackles	80c ea
Curried Rice (vegetarian)	\$4.20		
Fried Rice (vegetarian)	\$4.20	Sweet Chilli Tenders	\$1.65
Vegetarian Pasta	\$4.20	Slams Mini Pies Pkt of 8	\$3.00
Vegetarian Spaghetti	\$4.20	(Chicken, Beef, Hawaiian)	

Amber

Ice Blocks		Drinks	
Vanilla/Banana/Chocolate/ Triple swirl Billabong	\$1.90	Light White Milk 600 ml	\$2.70
		Oak Light 300ml Chocolate/Strawberry	\$2.60
Quelch Sticks	75c	Nippy's Juice 300ml	\$2.60
Fruit Slushy (99% Juice)	\$2.00	LOL	\$2.50
Nippys frozen orange/apple blackcurrent cup	\$1.10	Harvest Fresh Juice 250 ml Orange, Apple, Apple / Blackcurrant	\$2.20
Choc/Strawberry Swings	\$2.70	Up and Go 250 ml	\$2.30
		Nippys Iced Choc/Strawberry 250ml	\$2.40
		Milky Max Choc/Strawberry/Banana 250ml	\$2.30

Green

Thank you Water \$2.20

Green and Amber

Amber

Snacks			
Piece of Fruit	\$1.30	Chips-Honey Soy Chicken	\$1.50
Fruit Cup	\$1.30	Air Popped Popcorn	\$1.00
Vaalia Strawberry Yoghurt 175g	\$2.40	J J's - Chicken or Pizza	\$1.50
Box of Sultanas	\$1.00	Pizza Shapes	5c ea
Large Muffins	\$1.10	Corntos Cheese/BBQ	\$1.00
Mini Muffins	55c		
Pizza Subs (recess only)	\$1.00		

