

# 2017 Traralgon Campus Canteen Menu

This menu meets the requirements of the Department of Education and Early Childhood Development's  
*School Canteens and Other School Food Services Policy*

| HOT AND COLD FOOD   |         | TYPE   | PRICE   |
|---|---------|--------|---------|
| <b>Beef Pie</b> (Four and Twenty)   | 175 g   | Orange | \$ 4.20 |
| <b>Pies or Sausage rolls</b> (snack size)   | 50/55 g | Orange | \$ 1.20 |
| <b>Homemade Sausage Rolls</b>   |         | Green  | \$ 2.00 |
| <b>Pizza Slice – Homemade toppings</b> (Hawaiian/Margherita)  |         | Green  | \$ 2.50 |
| <b>Hot Dog</b> (low fat) in a wholemeal roll  |         | Orange | \$ 4.00 |
| <b>Baked Potato</b> (coleslaw, light sour cream, light cheese)  |         | Green  | \$ 5.00 |
| <b>Focaccia (Ham/Chicken)</b> with mustard, tomato and light cheese                                     |         | Green  | \$ 5.00 |
| <b>Focaccia (Spicy Chicken Fillet)</b> with lettuce, tomato, light cheese, light mayonnaise             |         | Green  | \$ 5.50 |
| <b>Spicy Chicken Fillet Roll</b>  |         | Green  | \$ 5.00 |
| <b>Chicken Parma Roll</b>   |         | Green  | \$ 5.50 |
| <b>Chicken and Salad Wrap</b>   |         | Green  | \$ 5.50 |
| <b>Toasted Multigrain Sandwiches/Jaffles</b> (ham, light cheese, tomato)                                |         | Green  | \$ 4.50 |
| <b>Homemade Lasagne</b>   |         | Green  | \$ 6.00 |
| <b>Homemade Pasta with Tomato Bolognese Sauce</b>   |         | Green  | \$ 5.50 |
| <b>Homemade Pasta Bake</b>  |         | Green  | \$ 5.50 |
| <b>Homemade Vegetable Quiche</b>  |         | Green  | \$ 2.50 |
| <b>Homemade Cottage Pie</b> (beef and vegetables) – winter only   |         | Green  | \$ 5.00 |
| <b>Homemade Spaghetti Carbonara</b> (low calorie) ham and parmesan cheese <i>(Thursday/Friday only)</i> |         | Green  | \$ 5.50 |
| <b>Homemade Aracini Balls</b> (large size)  |         | Green  | \$ 4.00 |
| <b>Nachos</b> (Mexican salsa, light cheese, light sour cream)   |         | Green  | \$ 4.50 |
| <b>Salad Rolls</b> (ham/chicken) and all salads   |         | Green  | \$ 5.50 |
| <b>Ham, Cheese and Egg English Muffins</b>  |         | Green  | \$ 4.00 |
| <b>Fresh Fruit Salad Tub</b>  |         | Green  | \$ 2.50 |
| <b>Homemade Fruit Muffins</b>   |         | Orange | \$ 2.50 |
| <b>Fresh Fruit and Custard</b>  |         | Green  | \$ 3.00 |
| <b>Homemade Banana Bread</b>  |         | Orange | \$ 2.50 |
| <b>Fresh Fruit</b> (per piece)  |         | Green  | \$ 1.00 |
| <b>Tomato Sauce Sachet</b>  |         | Green  | \$ 0.40 |

| FROZEN PRODUCTS                           |        | TYPE   | PRICE   |
|---|--------|--------|---------|
| Crusher Frozen Orange Juice               | 125 ml | Orange | \$ 1.50 |
| Paddlepop Ice-cream                       | 54 g   | Orange | \$ 1.80 |
| Twisted Frozen Yoghurt (various flavours) | 120 g  | Orange | \$ 2.50 |
| Zings (Yoghurt Fruit Ice Bar)             | 85 ml  | Orange | \$ 1.20 |

| DRINKS   |        | TYPE   | PRICE   |
|--|--------|--------|---------|
| Water  | 600 ml | Green  | \$ 2.80 |
| Up and Go (chocolate)  | 250 ml | Green  | \$ 2.50 |
| Pop Tops (apple, orange, blackcurrant)                               | 250 ml | Orange | \$ 2.50 |
| Focus Water<br>(lemonade, blackcurrant, raspberry)                   | 350 ml | Orange | \$ 2.80 |
| Nippy's low fat flavoured milk<br>(chocolate, strawberry, honeycomb) | 250 ml | Green  | \$ 2.50 |
| Slushie  | 215 ml | Orange | \$ 2.00 |



**Everyday** Foods



**Select Carefully** Foods

