# Lunch Menu

## Sandwiches
- Vegemite: 2.00
- Egg – plain or curried: 2.80
- Cheese: 2.50
- Tuna: 3.00
- Lean Ham / Chicken Breast: 3.00
- Salad: 3.00
- Baked Beans/Spaghetti: 3.00

*Salad = lettuce, tomato, beetroot, carrot & cucumber
Sandwiches can be toasted

## Extras
- Salad: 1.00
- Cheese/Egg/Avocado: .50

## Wraps
- Small
  - Salad with mayo: 2.50
  - Chicken & Salad with mayo: 3.50
  - Ham & Salad with mayo: 3.50
  - Tuna & Salad with mayo: 3.00

- Large
  - Salad with mayo: 3.50
  - Chicken & Salad with mayo: 4.50
  - Ham & Salad with mayo: 4.50
  - Tuna & Salad with mayo: 4.00

### Special Wraps
- With Lettuce, tomato, cheese
- Mexican Wrap: 3.50
  - Taco style mince with corn, avocado & sour cream
- Sweet Chilli Tender Wrap: 3.50
  - Sweet Chilli coated chicken tender with sweet chilli sauce

## Salad Boxes
- Small
  - Fruit Salad: 2.50
  - Salad: 2.50
    - Includes lettuce, tomato, corn, beetroot, carrot, cheese & cucumber
- Large
  - Fruit Salad: 4.00
  - Salad: 3.50

### Extras in Salad Boxes
- Egg/Avocado: .50 ea
- Chicken, Ham, Tuna: 1.00 ea

## Pies & Sausage Rolls
- Sausage Roll
  - Full: 2.70
  - Half: 1.70
- Plain Pie
  - Small: 2.20
  - Large: 3.50
- Potato Pie
  - Small: 2.50
  - Large: 3.80
- Spinach & Ricotta Roll: 3.00
- Sauce – Tomato or BBQ: .20

## Burgers
- All burgers include lettuce, cheese, tomato & beetroot with your choice of tomato/BBQ/sweet chilli sauce or mayo.
- Cheese Burger – beef & cheese: 3.50
- Hamburger: 4.00
- Chicken Burger: 4.00
- Fish: 4.00
- Vegie: 4.00

## Specials
### Tuesday’s
- Roast Beef & Gravy Roll: 3.00

### Wednesday’s & Fridays
- Fresh Sushi: 2.60
  - Chicken & Avocado, Chicken Teriyaki, Chicken & Lettuce, Tuna & Avocado, Tuna, Prawn Tempura, Prawn Sweet Chilli, Salmon & Avocado, Salmon & Cream Cheese, California (crab, avo & egg), Vegetable Tempura, Salad, Avocado

### Thursday’s
- Eagle Boys Pizza (equal to 2 slices): 3.50
  - Hawaiian
  - Cheese

### Friday’s
- Dim Sims – steamed: .80
- Fresh Sushi – see above

## Other Food Items
- Chicken Chipees: each .70
- Chicken nuggets - with sauce: each .70
- Fish Fingers: each .70
- Corn on Cob: 1.20
- Fantastic Noodles: Chicken or Beef: 2.50
- Hot Dogs – fat free: 3.00
- Pizza Single – Ham & Pineapple: 3.50
- Macaroni Cheese: 3.70
- Lasagne: 3.70
- Filled Potatoes with sour cream
  - Cheese: 2.50
  - Ham & Cheese: 3.00
  - Bolognaise & cheese: 3.50
Canteen Information

Our canteen is open for Recess & Lunch from Tuesday - Friday. We take orders for Lunch only. Recess items can be purchased from the canteen.

Centaur Primary School aims to provide your children with healthy, nutritious foods, keeping in mind that ordering from the canteen is a treat. Our Canteen follows the NSW Healthy School Canteen Policy.

Foods are categorized into three groups, GREEN, AMBER & RED according to their nutritional value. Foods that are GREEN should be eaten all the time, foods that are AMBER should be eaten sometimes and foods that are RED should be limited. Foods marked on our menu with 😊 are green foods and can be eaten every day. All other foods on our menu are amber and should be eaten occasionally. We have RED foods available on special days only.

If your child has any allergies, please come & talk to me about what we can offer so they don’t miss out on the canteen fun with their friends.

We encourage children to come to the canteen to buy their recess to teach them about the value of money in a safe and controlled environment while giving them independence.

Our canteen is operated by a dedicated team of volunteers. If you can help out anytime it would be greatly appreciated. If you are not able to help perhaps another family member, grandparent, aunt etc can help.

Every volunteer receives an entry into a draw for a monthly prize as our way of saying thank you. Every child of our volunteers will receive an ice block voucher for their child/children.

Please feel free to contact me at any time either on my mobile 0439 824 227 or email kelandad@bigpond.net.au. Thanking you very much for your support. Kelly Amos

Centaur Primary School
2014 Canteen Menu

Recess Menu

😊 Fruit Pieces - watermelon, orange……………….. from .10
Pikelets .......................................................... .30
😊 Fresh Fruit Cup ............................................. .50
😊 Muffin .......................................................... .60
Sumo Biscuits (Oreo) ....................................... .60
😊 Fruit - curly apple, banana, orange................. 1.00
Mamee Noodle Snack .................................... 1.00
😊 Popcorn ...................................................... 1.20
😊 Pizza Sub (bread roll based) ........................ 1.20
Red Rock Deli Chips & JJ ’s Chips ..................... 1.20

Ice Treats

Frozen Juice Cup ............................................. .70
Quelch Fruit Ice Block ..................................... .70
Mony Frozen Pops .......................................... .70
Icy Twist ..................................................... 1.20
Paddle Pops – choc, banana, rainbow............... 1.50
Frozen Yoghurt ............................................ 2.00

Drinks

**😊 Bottled Water ........................................... 1.20
**😊 Milk – Plain 300ml .................................... 1.20
Warm Milo ..................................................... 1.20
Slushie .......................................................... 1.50
** Poppers – apple, orange, tropical .................. 1.60
** Nudie Juice – apple, orange, Tropical ............ 1.60
** Crazy Lemon Lemonade ............................. 1.80
** Focus Water – Lemonade, Fruit Tingle ......... 1.80
** Flavoured Milk – 300ml – choc, straw, banana . 1.90
** Up N Go – Choc, Strawb, Banana .................. 2.00
Glee – Sparkling Fruit Juice .......................... 2.00