

# JCS CANTEEN MENU



## HOT FOOD

Hot Dog	Cheese & Sauce	\$5.20
	Cheese only	\$5.00
	Plain - Sauce 30c Extra	\$4.50
Pie	Sauce 30c Extra	\$4.50
Pasty	Sauce 30c Extra	\$4.50
Sausage Roll	Sauce 30c Extra	\$4.00
Pizza	Cheese/Bacon, Ham/Pineapple	\$4.00
Squashed Rolls	Ham & Cheese	\$3.50
	Cheese & Vegemite	\$3.00
	Cheese	\$2.50
Hot Chicken & Gravy Rolls		\$5.00
Hot chicken Rolls		\$4.50
Lasagne		\$5.00
Mac n Cheese		\$5.00
Chicken Burger with Tomato, Cheese & Mayo		\$7.00
Chilli Wrap with Tomato, Cheese, Chilli Sauce & Mayo		\$7.50
Hot & Buttered		\$2.20

## WEDNESDAY MEAL DEAL

Hot Dog & Drink (ABC Apple or Orange)	\$6.00
---------------------------------------	--------

## THURSDAY MEAL DEAL

<b>WEEK 5</b> —Baked Spuds with coleslaw, sauce, cheese & sour cream	\$7.50
<b>WEEK 6</b> —Yiros	\$7.50
<b>WEEK 7</b> —Fried Rice & 4 Spring Rolls	\$6.50
<b>Week 8</b> —Chicken Nuggets with tomato sauce 30c, tubs of chilli sauce \$1.00 or tubs of sour cream \$1.50	\$0.60 each
<b>WEEK 9</b> —Spagetti Bolognaise with Garlic Bread extra \$1.00	\$6.00

## FRIDAY

Every Friday Piza Slices— ham & cheese or BBQ Chicken	\$2.50
---	--------

## ROLLS or WRAPS

Ham, Beef or Chicken	\$4.00
Extras—tomato, cucumber, lettuce, cheese or mayo	\$0.50 each
Meat & Salad Rolls/Wraps	\$7.00

## DRINKS

Water	\$2.00
Fruit Box	\$2.50
UHT Milk—chocolate or strawberry	\$3.00
MilkShakes—chocolate, strawberry or lime	\$4.50

## SNACKS

Honey Soy 28g	\$1.60
Cake	\$1.00

## ICE BLOCKS

Zooper Doopers	\$1.20
Moosies—chocolate or strawberry	\$2.40
Jucies	\$1.30
TNT/Kabluey	\$1.20

**PLEASE NOTE**—Available flavours will be sent

GREEN—Eat Plenty

AMBER—Select Carefully

RED—Very Occasionally

The Jamestown Community School follows the SA Rite Bite Guide to Healthy Eating (although there are some snack foods which are red)

PLEASE HELP YOUR CHILD CHOOSE WISELY