

# JCS CANTEEN MENU 2023

## HOT FOOD

Hot Dog	Cheese & Sauce	\$5.70
	Sauce only	\$5.00
	Plain - Sauce 30c Extra	\$4.50
Pie	Sauce 50c Extra	\$4.50
Pasty	Sauce 50c Extra	\$4.50
Sausage Roll	Sauce 50c Extra	\$4.00
Mini Pie, Pasty or Sausage Roll		\$1.50 each
	Sauce 50c Extra	
Pizza	Cheese/Bacon, Ham/P/apple	\$4.00
Squashed Rolls	Ham & Cheese	\$3.50
	Cheese & Vegemite	\$3.00
	Cheese	\$2.50
Hot Chicken & Gravy Rolls		\$5.60
Hot chicken Rolls		\$5.00
Lasagne		\$5.50
Mac n Cheese		\$5.50
Chicken Burger with Tomato, Cheese & Mayo		\$7.00
Chilli Wrap with Tomato, Cheese, Chilli Sauce & Mayo		\$7.50
Hot & Buttered		\$2.30

## THURSDAY MEAL DEAL

<b>WEEK 2</b> —Roast Beef & Gravy Rolls	\$5.00
<b>WEEK 3</b> —Yiros—Lettuce (tomato, Garlic Sauce)	\$8.00
<b>WEEK 4</b> —Spaghetti Bolognaise	\$6.00
<b>WEEK 5</b> —Baked Spud, Sauce, Coleslaw, Cheese & Sour Cream	\$8.00
<b>WEEK 6</b> —Butter Chicken & Rice	\$6.50
<b>Week 7</b> —Lasagna	\$6.00
<b>Week 8</b> —Chicken, Chips & Gravy	\$7.00
<b>Week 9</b> —6 Chicken Nuggets (Chilli Sauce \$1.00, Sour Cream \$1.50, Tomato Sauce 50c) extra	\$6.50

## Term 2



## FRIDAY

Every Friday Pizza 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	\$3.50
Milk Shakes—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