Trinity Grammar School

Preparatory School – Canteen Summer Menu (Term 4, 2009)

Canteen Manager: Flavia Sonego Ph: 8732 4654

OVER THE COUNTER

BREAKFAST

Toast (margarine/vegemite/jam/cinnamon/honey)	$0.60
Hot Chocolate	$2.00

FOR THE PARENTS

Coffee – Cappucino etc…	$2.50
Tea	$2.00

SNACKS (1 item per student. Not available as a lunch order)

Garlic Toast	Small	$0.30
	Large	$0.50
Jelly cup		$0.50
Jumpies/Burgerman		$1.00
JJ's snack varieties		$1.20
Nosh Chips		$1.20
Ovalteenies/CookieMax		$1.20
Red Rock Deli Chips		$1.50
Popcorn		$1.00

ICE BLOCKS – Available at lunch for Years 3-6

(1 ice block per student)	
Jelly Joys (Frozen Jelly Stick)	$0.20
TNT Sour Bombs	$0.70
Sunny Boys	$1.00
Moosies	$1.50
Frozen Juices	$0.50

DAIRY

Low Fat Yoghurt Tub	$2.00
Custard Tub	$1.50

DRINKS

(available via lunch orders and over the counter)

Bottled water	Small	$0.80
	Large	$1.20
Playwater	Small	$1.80
	Large	$2.50
Plain Milk 300ml		$1.00
Moove 300ml (Choc/strawberry/banana)		$1.80
Iced Tea (Peach/Lemon)		$2.70
Juice (Apple/Orange juice)		$1.50

LUNCH ORDER

HOT FOOD (available via lunch orders only. Please use a separate bag when ordering)

Beef Pie (low fat,low GI, heart foundation tick)	$3.00
Sausage Roll (low fat)	$2.50
Pizza Pocket (Cheese/Bacon)	$2.30
Chicken & Cheese Burger	$3.80
Lasagna	$4.00
Macaroni & Cheese	$3.50
Sauce portions	$0.20

SALADS

Salad box	$3.00
Add cheese	$0.50
Add chicken/salmon	$1.50
New Vegetable sticks (carrot/cucumber/celery)	$0.50
Seasonal Fruit (banana/orange etc…)	$1.00
Small Apple	$0.50
Fruit Tub (watermelon/grape)	$2.00
Fruit Salad	$2.00

SANDWICHES (white/wholemeal/multigrain)

Plain buttered sandwich	$0.90
Plain buttered roll	$1.00
Cheese sandwich	$1.30
Spaghetti sandwich	$1.50
Vegemite/Jam sandwich	$1.20
Egg sandwich	$1.60
Ham sandwich	$1.70
Salad sandwich (tomato/lettuce/ carrot/cucumber/beetroot)	$2.50
Chicken sandwich (breast chicken)	$3.50
Tuna sandwich	$2.50
Red salmon sandwich	$3.50

SANDWICH EXTRAS

Toasted/Jaffle	$0.20
Cheese	$0.40
Salad items per item (tomato/cucumber/lettuce/carrot/beetroot)	$0.50
5 item salad	$1.00
Avocado or Egg	$0.60
Mayonnaise	$0.20
Upgrade to roll	$0.50
Upgrade to wrap	$1.00

Parent volunteers are vital to the success of the canteen. If you would like to join our team of volunteers, please contact our volunteer co-ordinator Lina Tam 0411 353503.

See over the page for specials!

TRINITY GRAMMAR SCHOOL

PREPARATORY SCHOOL – CANTEEN SUMMER MENU (TERM 4, 2009)

CANTEEN MANAGER: FLAVIA SONEGO PH: 8732 4654

Daily Specials

For 4th Term 2009

	Mon	Tue	Wed	Thur	Fri
Recess	Chicken Nuggets Sml $1.50 Lge $3.00	Cheese Fingers $0.80	Corn in a Cup $1.00	½ Chicken & Lettuce Wraps $2.00	Homemade Muffins $2.00
Lunch	Gondolas ½ - $2.00 Full - $4.00	Fried Rice (Homemade) Sml $2.00 Lge $4.00	Sushi $3.00	Hot Dogs (low fat frankfurt with Tomato or BBQ sauce) $2.50	Pizza (Homemade ham & pineapple or cheese&tomato) $3.00 Sushi $3.00

Check the Canteen section of the Prep News
for further updates and specials.