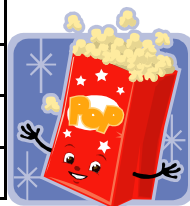


RECESS & LUNCH



Fruit Straps (amber)	70¢
Homemade Muffins or Cookies (amber)	80¢
Apple Slinkies (green)	70¢
Assorted Whole Fruit (green)	80¢
Fruit Jelly Cup (green)	\$1.10
Box of Sultanas green)	90c
Corntos (amber)	70c
Vege Chips (amber)	\$1.20
Popcorn (amber)	\$1.10



RECESS (Only)

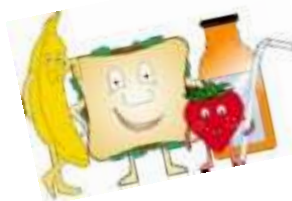
Hash Browns (amber)	80¢
Cheesies (green)	90c
Pizza Slices (green)	\$1.50
Chicken & Corn Rolls (amber)	\$1.30

LUNCH (Only)

Quench Fruit Sticks (green)	50¢
Juice cup (Frozen) (green)	70¢
Moo Milk Ice Creams (amber)	\$1.40
Rainbow Or Chocolate Paddle Pops (amber)	\$1.40



DISCLAIMER—Please be aware while we do make every effort to ensure here are no traces of peanut in food sold at the canteen, it is extremely difficult to ensure that there are absolutely no traces of peanut in foods manufactured outside the canteen and used in our meal products sold, we appreciate your understanding in this matter.



Clear Sailing Ahead



Sailing Ahead Ocean Reef Primary School Galley Menu 2009

Ahoy shipmates, welcome to the Galley

To order your child's lunch is as simple as **A B C**

A Buy lunch bags from the Galley (20 bags for 50 cents)

B Write your child's order along with their cabin number & date

C Place your money in the bag & place in the basket at the Galley

NOTE: All orders must be in by 9am, Phone orders are not accepted

The School Canteen Complies with WA Standards for Healthy Food And Drink Choices, using the Traffic Light System

Green — Healthy Choice (65% of choices offered on menu)

Amber — Select Carefully (only twice a week, 35% of menu)

Red — Off the Menu (can not be sold)

ALL VOLUNTEERS ARE REALLY NEEDED

Galley times are 8.30am til 1.30pm any help in this time would be greatly appreciated

Due to the requirements of the department of Education and Training's Healthy Food and drink choices policy, certain food can only be sold with the inclusion of added vegetables, salad and fruit and in some cases sold only once a week

SANDWICHES, ROLLS & WRAPS (Wholemeal bread)



Toasted add 40 cents

ITEM (green)	SANDWICH	ROLL or WRAP
Plain (Buttered) (green)	50¢	90¢
Vegemite(green)	\$1.50	\$1.90
Egg (green)	\$2.40	\$2.80
Salad (green)	\$2.80	\$3.20
Cheese (green)	\$2.80	\$3.20
Egg Lettuce & Mayonnaise (green)	\$3.10	\$3.50
Cheese & Tomato (green)	\$3.10	\$3.50
Tuna or Ham or Chicken (green)	\$3.10	\$3.50
Tuna or Ham or Chicken and Salad (green)	\$3.50	\$3..90

SALAD TRAYS

Salad Only (green)	\$3.50
Salad & Egg (green)	\$4.00
Salad & Cheese (green)	\$4.00
Salad & Tuna or Ham or Chicken (green)	\$4.00

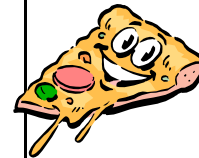
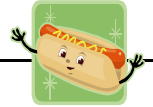
EXTRAS in Sandwiches , Rolls, Wraps and Salad Trays

Salad (Lettuce, Tomato, Carrot)(green)	50¢
Corn (green)	40¢
Beetroot or tomato (green)	40¢
Pineapple (green)	50¢
Cheese (green)	70¢
Egg (green)	70¢
Mayonnaise or Dressing (Salad Trays) (green)	50¢



DAILY SPECIALS All \$5.00

MONDAY	Macaroni Cheese & Juice Cup (green) Spaghetti Bolognaise & Juice Cup (green) Lasagne & Juice Cup (green) Chicken Pasta & Juice Cup (green)
TUESDAY	Hot Dog (low fat) , T/Sauce & Juice Box (amber) Hot Chicken Roll & Juice Box (green)
WEDNESDAY	Lite Beef & Salad in Burger Bun & Juice Cup (green) Crunchy Chicken Breast & Salad in Bun & Juice Cup (green)
THURSDAY	4 Fish fingers , D/sauce, Corn on Cob, & Plain or Flavoured milk (green) Ham Pineapple Pizza & Plain or Flavoured Milk (amber) Supreme Pizza & Plain or Flavoured Milk (amber) Cheese & Bacon Pizza & Plain or Flavoured Milk (amber)
FRIDAY	4 Chicken Nuggets, Corn-on-Cob & Juice Cup (amber) Mrs Mac's Sausage Roll, T/Sauce & Juice Cup (amber) Mrs Mac's Pie, T/Sauce & Juice Cup (amber) Mrs Mac's Potato Top Pie, T/Sauce & Juice Cup (amber) 2 Mini Party Pies, T/Sauce, Corn-on-Cob & Juice Cup (amber)



DRINKS

Water (600ml) (green)	\$1.00
Play Water (350ml) (amber)	\$1.50
Milk (plain, strawberry, or chocolate) (300ml) (green)	\$1.50
Up & Go (250ml) (green)	\$1.50
Juice Box (250ml) (green)	\$1.50
Juice Cup (green)	.60c

