



## Rossmoyne Primary School Semester 1 2019 Menu

**Supplied by Antonios at Rossmoyne Village Shopping Centre  
Phone: 9457 0222**

### ONLY AVAILABLE ON WEDNESDAYS, THURSDAYS AND FRIDAYS

**Please ensure correct change is given and your child's name and room number are marked clearly on their order.**

**Orders are to be placed in red box located outside the ART ROOM by 8.55.**

**Orders after 8.55am need to be taken to the office or Antonios.**

**No orders are available after 10.30am.**

Code	Menu Item	Price
	Cheese & Ham Toasted Sandwich	\$4.00
	Cheese & Onion Toasted Sandwich	\$4.00
	Cheese & Tomato Toasted Sandwich	\$4.00
	Cheese & Beans Toasted Sandwich	\$4.00
	Chicken & Cheese Toasted Sandwich	\$4.00
	Sandwich Pack (includes piece of fruit) cheese, ham, tuna, chicken, egg, salad or vegemite	\$5.00
	Crunch pack - carrots, celery & dip	\$3.50
	Quiche assortment: cheese & bacon, cheese & tom and spinach & feta	\$3.50
	Vegemite & Cheese Scrolls or Cheese and Ham Scrolls	\$3.50
	Pizza Sub - vegetarian, Hawaiian or ham & cheese, cheese	\$4.00
	Wraps/ Rolls - cheese, ham, tuna, chicken, egg or salad	\$5.00
	<b>SNACKS</b>	
	Popcorn	\$2.00
	Fruit Salad Tub	\$3.50
	Muffin of the Day	\$2.00
	Piece of fruit	\$1.00

Green foods are sources of nutrients, contain less saturated fat and/or sugar and/or salt and help to avoid an intake of excess energy (kJ).

Amber foods have some nutritional value, contain moderate levels of saturated fat and/or added sugar and/or salt and can, in large serves, contribute to excess energy (kJ).

Red foods lack adequate nutritional value, are high in saturated fat and/or added sugar and/or salt and can contribute excess energy (kJ) Red foods are not included in this menu.

LUNCH ORDERS WILL ONLY BE AVAILABLE ON WEDNESDAYS, THURSDAYS AND FRIDAYS IN 2019.