



Seaford K-7 School Canteen Pricelist

Open: Monday/Wednesday/Friday

| Lunch Items | Price |
|---|-------------|
| Melted cheese toasty | \$2.50 |
| Add tomato, ham each | \$0.50 |
| Cup of soup: chicken, beef, spring vegetable or pumpkin | \$2.00 |
| Baked beans | \$2.00 |
| Buttered bread roll | \$1.50 |
| Vegemite sandwich | \$1.50 |
| roll | \$2.00 |
| Cheese sandwich | \$2.50 |
| Add tomato, ham each | \$0.50 |
| Dino snacks | \$0.80 |
| Fish fingers each | \$0.80 |
| Potato gems 10 pieces | \$1.00 |
| Garlic bread 2 slices | \$1.00 |
| Nachos with tomato salsa, cheese sour cream | \$3.50 |
| Pasta Napolitana (vegetarian) & cheese | \$3.80 |
| Pasta bolognaise with cheese | \$4.00 |
| Pizza: Cheese and tomato | \$3.20 |
| Add ham, pineapple each | \$0.50 |
| Noodles: Chicken or beef | \$2.20 |
| Sausage roll | \$3.40 |
| with sauce | \$3.60 |
| Beef pie | \$3.70 |
| with sauce | \$3.90 |
| Small beef pie | \$1.50 |
| with sauce | \$1.70 |
| Hotdog with sauce | \$3.50 |
| add cheese | \$3.80 |
| Mini hotdog with sauce | \$2.00 |
| add cheese | \$2.30 |
| Cheeseburger - cheese and sauce | \$3.70 |
| add lettuce, tomato, mayo | \$4.20 |
| Chicken burger - lettuce and mayo | \$4.00 |
| Wedges with choice of sweet chilli, sour cream, mayo, tomato sauce | \$3.50 |
| Ham and Salad sandwich | \$5.50 |
| roll | \$6.00 |
| Turkey and salad sandwich | \$6.00 |
| roll | \$6.50 |
| Egg and salad sandwich | \$6.00 |
| roll | \$6.50 |
| Salad: tomato, cheese, lettuce, gherkin, carrot, cucumber, beetroot, red onion | \$0.50 each |
| Mayonnaise, mustard, tomato sauce each | \$0.20 |

| Drinks | Price |
|--|--------|
| Water (bottled), 350ml | \$1.50 |
| Focus water 350ml: assorted flavours | \$2.20 |
| Juice 250ml: apple, orange, or apple-blackcurrant | \$1.90 |
| Flavoured milk 200ml: chocolate or strawberry | \$1.50 |
| Up and Go 250ml: chocolate or vanilla | \$2.00 |

| Snacks | Price |
|--|--------|
| Popcorn | \$0.50 |
| Yoghurt | \$1.20 |
| Banana bread (homemade) | \$1.50 |
| Jelly cups: assorted flavours | \$1.00 |
| Fruit salad | \$2.00 |
| Vege chips: BBQ | \$1.00 |
| JJs chips: Chicken | \$1.50 |
| Red rock chips: Honey soy chicken | \$1.50 |
| Cookie | \$1.20 |

| Frozen treats | Price |
|---|--------|
| Ice Mony chocolate freeze pops | \$1.00 |
| Zooper Dooper | \$1.00 |
| Icy Twist | \$1.20 |
| Calippo mini: raspberry-pineapple | \$1.20 |
| Ice cream cup: vanilla or strawberry | \$1.50 |
| Paddle Pop Thick Shake | \$2.50 |

Ordering lunch

Please record on the bag:

- Food required
- Name of child and class
- Amount of money enclosed

It is appreciated if the correct money can be enclosed. Any change required will be stapled in the corner of the bag.

Seaford K-7 School Canteen Menu follows the SA Right Bite Guide to Healthy Eating at Schools

Choose plenty Select carefully

Please help you children to choose wisely