



Ardrossan Bakery

School Lunch Order Menu

Following the "Right Bite" guidelines, www.decd.sa.gov.au/eatwellsa

Steps to order school lunches:

1. Write your name & year level on a brown paper lunch bag (available in class lunch basket).
PLEASE NOTE - Orders written on envelopes will not be processed.
2. Choose your lunch & write your lunch order on the bag.
3. Enclose the correct money. If possible, wrap the lunch money before enclosing it (hygiene purposes).
4. Place order in class lunch basket at the start of the day.
5. To request more bags write "more bags please" on your order.
6. Lunch orders will not be accepted after 9:30am.
7. Please do not contact the Bakery directly for any orders. All orders need to be put in at school during morning home group.

Within the "Green Category":

ITEM	INGREDIENTS	PRICE
Garden Salad:	Lettuce, tomato, cucumber, pineapple, capsicum, mushroom, apple, carrot and avocado - as available seasonally.	\$4.50 - Large \$3.50 - Medium
Fruit Salad	Apple, pear, orange, banana, pineapple, strawberries, watermelon, kiwifruit - as available seasonally.	\$4.50 - Large \$3.50 - Medium
Meat and salad: Optional- cheese or dressing (low fat, low cal)	Slow roasted diced chicken, boneless leg ham, canned tuna or Lean roasted beef. Salad as above	\$5.50 - Large \$4.50 - Medium
Sandwiches: <i>White</i> <i>Multigrain</i> <i>Wholemeal</i> <i>German Grain Bread</i>	Slow roasted diced chicken, boneless leg ham, canned tuna or Lean roasted beef. With salad of choice Optional- cheese	\$4.00 - (1 or 2 fillings) \$5.00 - with salad
Bread Roll: Baked daily <i>White</i> <i>Multigrain</i> <i>Wholemeal</i> <i>German Grain Bread</i>	Slow roasted diced chicken, boneless leg ham, canned tuna or Lean roasted beef. With salad of choice Optional- cheese	\$3.00 – small roll (1 or 2 fillings) \$4.00 – with salad \$5.00 – large roll (1 or 2 fillings) \$6.00 - with salad
Wraps: <i>Hi Fibre</i> <i>Gluten Free</i> <i>Wholemeal</i>	Slow roasted diced chicken, boneless leg ham, canned tuna or Lean roasted beef. With salad of choice Optional- cheese	\$4.50 - Full Wrap \$5.50 - with salad \$3.00 - Half wrap \$4.00 - with salad
Mini Pizza	Bread dough base Tomato paste Ham, pineapple, mushroom, capsicum, onion etc.	\$6.50 - 6" \$5.00 - 4"
Quiche 5" Low fat, low sugar	Egg, mushroom, cheese, spinach and ham.	\$4.50

Pasty Cornish pasty Spinach and cheese pasty Vegetarian pasty		\$4.00 Pasty \$4.50 for Cornish, Spinach or Vegetarian
Cheesy vegemite scroll	Bread dough, cheese and vegemite	\$3.50
Hot Dog	8" Vienna dog with sauce and or cheese	\$4.50 - Whole \$3.00 - Half

Within the "Red Category":

ITEM	PRICE		ITEM	PRICE
<i>Pies:</i> Meat Chicken Steak Pepper steak Mushroom Curry SAUCE	\$4.00 \$4.50 \$4.50 \$4.50 \$4.50 \$4.50 .20c		Chicken Munchies	\$3.50 - Small serving \$5.00 - Large serving
Sausage Rolls	\$4.00 \$2.50 - Half		Nachos	\$4.00 - Small \$6.00 - Large
Cheese Kransky	\$4.50		Jelly Cups	\$2.50
Muffins: Apple Raspberry	\$3.50			

Drinks:

TYPE	PRICE
Big M: flavoured milk 250ml Chocolate Strawberry	\$3.00
Berri Pop top juices: 250ml Orange Black Currant Apple	\$3.00
Daily Juice: 500ml Orange Juice Orange Mango Juice Breakfast Juice Apple Juice	\$4.00
Mt Franklin Still water 600ml	\$3.00
Pump water 750ml	\$3.50