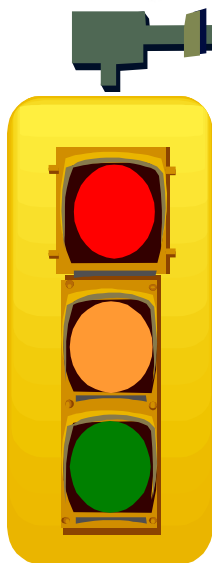




MERIDEN JUNIOR SCHOOL



Red - Occasionally
These foods will only be offered on one or two occasions per term.

Amber - Select carefully.
Try not to let these food dominate your choices.

Green - Go, Go, Go
We encourage and promote these foods. These are the best choices.

All foods are grilled or oven baked.
(No Frying)



Hot Food (Green/Amber)

Baked Fish Fingers (5)	\$3.00
Baked Vegetable Spring Rolls(7)	\$3.50
Ingham Chicken Breast Nuggets (Baked)	
6pcs	\$3.50
9pcs	\$4.50
Grilled Cheese Burger	\$4.50
Chicken Fillet Burger	\$5.00
Noodle Cup (warm)	\$2.50
Meat Pie	\$3.50
Potato Pie	\$4.00

Home Made (Green)

Butter Chicken with Rice	\$5.00
Homemade Pizzas	\$5.00
Lasagna	\$5.00
Organic Pumpkin Soup + Dinner roll	\$4.50
Vegetarian Fried Rice	\$4.50
2 Kafta rolls / Lebanese Bread	\$3.50



Sandwiches (Green)

Cheese and Tomato	\$3.00
Vegetemite Sandwich	\$2.50
Cheese & Salad Sandwich	\$3.50
Ham/Cheese/Tom	\$3.50
Ham/Cheese	\$3.00
Egg with Lettuce & Light Mayo	\$3.50
Tuna / Mayo	\$3.50
Chicken Roast / Mayo	\$3.50
Salad + Chicken or Ham or Tuna	\$4.00
Falafel Vegetarian Wrap	\$4.50
Chicken Tender Wrap	\$4.50
Cheese Toastie	\$2.80
Cheese/Tom Toastie	\$3.20

Extra toppings 0.50c

**Note: Available in white
Wholemeal Sliced bread, Gluten Free.
Bread roll or Lebanese bread**

Drinks (Green/Amber)

Spring Water 600mls	\$2.00
Flavoured Milk	\$2.50
Flavoured Quench Spring Water	\$2.00
100% Juice (Apple/Orange)	\$2.00
Plain Milk 300mls	\$1.50



Snacks/Recess (Green/Amber)

Seasonal Fruits	\$1.00
Tub of Watermelon	\$2.00
Red Rock Deli (small)	\$1.50
Carrot Sticks	\$1.00
Cheese & Crackers	\$1.50
Freshly sliced seasonal fruit Packs	\$1.50
Real Fruit Nuggets	\$1.00
Popcorn Plain	\$1.00
Ovaltines	\$1.50
Homemade Low Fat Muffins	\$2.00

Warm Recess Snacks:

Corn cob	\$1.00
Garlic bread	\$1.00
Cheese melt tops	\$1.00

Note: Seasonal freshly sliced fruit will be sold at the counter at recess with other daily specials



Fresh Salad Box (Green)

Greek Salad	\$4.00
Chicken Breast Salad	\$4.50
Egg Salad	\$4.50
Tuna Salad	\$4.50

PLEASE ADVISE STAFF OF ANY ALLERGIES

Frozen Treats

100% Orange Frozen Juice Cup	\$2.00
Ice Block	\$1.00
Slushie Natural Flavours (Seasonal)	\$2.50
Frozen Orange / Pineapple Rings	\$1.00
Frozen Yoghurt	\$2.00