



**NORTH ADELAIDE PRIMARY SCHOOL  
LUNCH PRICE LIST AND MENU FOR TERM 1 2015**

Good food is essential for good nutrition, healthy growth and optimal development. At Caffeteca we aim to provide a lunch menu that complies with the South Australian Government "Right to Bite" program for promoting healthy choices for our children. This is a work in progress so please give us your feedback.

Please make sure all lunch details are written on the brown bags supplied and then paid at counter.

Menu updates will also be on our website: [www.caffeteca.com.au](http://www.caffeteca.com.au)

Item	Price
<b>Sandwich (white or wholemeal)</b>	
Ham	3.80
Roast Chicken	4.60
Tuna	4.40
Cheese	3.30
Salad	4.50
Buttered Only	1.90
Vegemite	2.20
Too Add Salad	2.00
Salad is lettuce, tomato, cucumber, carrot	
Toasting extra	.70
Extra fillings available at:	
Avocado	.90
Cheese	.80
Carrot	.70
Cucumber	.80
Tomato	.70
Lettuce	.70
Mayonnaise	.30
Vegemite	.30
Tomato Sauce	.20
<b>Pasta</b>	
Lasagne Bolognese or Macaroni Cheese	5.50
<b>Wraps</b>	
Chicken, lettuce, cucumber and mayo	6.50
Cheese, lettuce, cucumber, carrot and mayo	5.50
<b>Snacks</b>	
Fresh Fruit Salad	3.70
Fruit bread (wholemeal 1 slice)	2.50
Banana bread	4.00
Gelato - Low in fat and sugar and made with real fruit	
Mango, lemon, chocolate and vanilla	4.00
<b>Drinks</b>	
Chocolate milk	3.30
Plain milk	3.00
Freshly squeezed orange juice 250ml	3.30
Pago fruit nectars 200 ml bottle 100% fruit juice and no added sugar). Pineapple, peach, ace and apple	3.80
Natural Yoghurt drinks 330ml Strawberry, Mango and Vanilla	4.50
<b>FRIDAY SPECIAL chicken nuggets(100% Breast) 6 pieces with sweet and sour sauce</b>	<b>5.00</b>