**Elham's Sandwiches, Salads & Wraps***

- **SANDWICHES** $5.00
- **SALADS** $5.00
- **FULL WRAP** $6.00
- **HALF WRAP** $4.00

**Komachi Sushi**

(available Monday to Thursday)

- **Chicken & cucumber hand roll** $3.60
- **Tuna & cucumber hand roll** $3.60
- **Avocado & cucumber hand roll** $3.60
- **Crumbed chicken & salad hand roll** $3.60
- **Avocado mini rolls (x8)** $3.20
- **Tuna mini rolls (x8)** $3.20

*GO FOR GREEN!* These are the healthiest food choices on the menu and are good sources of nutrients whilst limiting saturated fat, sugar and salt intake.

*DON'T OVERDO ORANGE!* These foods have some nutritional value but generally are higher in saturated fat, sugar and salt than our healthier green items.

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**Recess & Snacks**

- **Elham's hummus with carrot sticks OR Turkish bread** $2.50
- **Fruit (seasonal varieties)** $1.20
- **Low-fat yoghurt** $1.60
- **Hard boiled free range egg** $1.00
- **Carrot stick** $0.10
- **Corn on the cob** $1.20
- **Cheese stick** $1.20
- **Box sultanas** $0.80
- **Go! Cookie (choc chip)** $1.30
- **Popcorn** $1.60
- **Marmee noodles** $1.60
- **Rice sticks** $1.60
- **Tuna-to-go** $2.50

**Drinks & Iceblocks**

- **Water** $1.60
- **Just Juice 100% orange juice** $1.60
- **Just Squeezed 100% pineapple juice** $2.00
- **Mt Franklin Sparkling water with lemon** $2.50
- **Mt Franklin Sparkling water with wild berry** $2.50
- **Appeltiser sparkling 100% apple juice** $2.50
- **Nippys flavoured milk (strawberry or chocolate)** $2.50
- **Hot chocolate** $2.50
- **99% fruit ice blocks** $1.20
- **Skinny Cow ice cream cup** $4.00

**Daily Lunch Specials**

**MONDAY**
- **Lasagna (meat)** $4.00
- **Macaroni & cheese** $4.00
- **Ravioli napolitana** $4.00
- **Hokkien noodles** $4.00
- **Komachi Sushi** (see bottom left)

**TUESDAY**
- **Potato bake** $4.00
- **Sweet & sour chicken on fried rice** $4.00
- **Fried rice** $4.00
- **Komachi Sushi** (see bottom left)

**WEDNESDAY**
- **Elham's meatball pasta** $6.00
- **– half size** $4.00
- **Komachi Sushi** (see bottom left)

**THURSDAY**
- **Potato bake** $4.00
- **Sweet & sour chicken on fried rice** $4.00
- **Fried rice** $4.00
- **Komachi Sushi** (see bottom left)

**FRIDAY**
- **Elham's gourmet burger** $6.00
- **Fish fingers or chicken goujons (x3) and veges** $4.00
- **Jelly cups** $1.00

**EXTRAS**
- **Tomato/BBQ sauce** $0.30

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All sandwiches are made with wholemeal bread unless specified white. No margarine/butter on salad sandwiches/wraps unless requested.
Bourke Street Public School acknowledges the important role that nutritious food plays in the growth and development of children and is therefore committed to providing students with a variety of healthy menu options every day.

You will see on our menu that we have colour coded each food item into:

Green (■) - these are the healthier food choices on the menu and are good sources of nutrients and limit saturated fat, sugar and salt intake.

Orange (■) - whilst these foods have some nutritional value they are less healthy than our green options as they are often processed foods with higher levels of saturated fat, salt and sugar per serve.

These colour classifications have been independently assessed by the Healthy Kids Association (www.healthy-kids.com.au)

At Bourke Street Public School we encourage students to “Go for Green”!

Elham and the P&C thank you for supporting Bourke Street Public School’s canteen.

HOW TO ORDER YOUR LUNCH

OPTION 1
The canteen is open from 8:30am to 9:00am every morning where lunch orders can be placed directly with Elham.

OPTION 2
Alternatively, bags are provided in the “canteen box” in your child’s classroom. Please write on the front of the bag your child’s NAME, CLASS and ORDER.

Include the correct money. Leave your completed bag in the canteen box and it will be delivered to Elham straight after the bell.

February 2015