The Harbourside Café, Paynesville is proud to support Paynesville Primary School with the provision of school lunches. Our aim is to provide food that is healthy and enjoyable for all students.

This menu has been prepared to comply with the Victorian Department of Education & Early Childhood Development (DEECD) School Canteens and Other School Services Policy, and the Victorian Government’s “Go for Your Life” initiative.

If parents have any questions regarding this programme, they are encouraged to visit the website [http://www.goforyourlife.vic.gov.au/](http://www.goforyourlife.vic.gov.au/)

Ian Pearson

**Sandwiches**
*Please choose from:*
Multigrain, wholemeal or low GI white
Please specify toasted if required.

- Ham, low-fat cheese & tomato $3.00
- Low-fat cheese & tomato $2.25
- Low-fat cheese only $2.00
- Baked bean jaffle $2.00
- Tuna & low-fat cheese $2.50
- Vegemite on toast $1.50
- Toast or bread with spread $1.00

**Hot Food**
Vegetable soup with a bread roll $3.00
Cheese, tomato and vegetable frittata $3.50
Chicken burger on w/meal bun with lettuce, tomato, low-fat cheese $3.50
Pizza – ham, pineapple & cheese $3.50
Cheese & tomato pasta bake $3.50

**Baked Potatoes**
With spread only $2.50
Cheese, baked beans and bacon each 50c extra
Cheese, bacon, coleslaw & sour cream $4

**Snacks**
Corn on the cob 70c
Cup of veggie soup $2
Popcorn 50c
Low-fat cheese stick or cubes 50c
Tub of yoghurt *(strawberry, vanilla)* $1.25
Mini muffin 70c
Raisin Toast $1.00
Rice crackers 70c

**Fruit** *(seasonal availability)*
Orange ‘wedgies’ 30c
Apple slices 50c
Banana $1
Winter fruit salad *(dried apple, apricots, prunes & sultanas)* $2.25

**Drinks**
Bottled water $1.00
Low-fat plain milk $1.25
Soy milk $1.50
Flavoured low-fat milk *(strawberry, choc, banana)* $1.50
100% Apple or Orange juice *(250ml)* $1.25

**IMPORTANT NOTE TO PARENTS**
**ALLERGIES and SPECIFIC DIETS**

Would any parents with children suffering allergies or requiring specific diets please contact us to discuss your needs. Please note that whilst we will do everything we can to meet your needs, meals are prepared in a kitchen where flour and nut products are routinely used and we cannot guarantee the total absence of such products.

Children susceptible to severe allergic reactions should not order from this menu.

Please write order, child’s name, class and room number on a clean, brown paper bag of suitable size and include the correct money. Lunch bags 10c if not supplied.

Please place orders in the brown box outside the school canteen by 9.30am.