



SAMPLE ASCA PRIMARY SCHOOL WINTER/SPRING MENU – July 08

WINTER RECESS WARMERS		SANDWICHES	Roll	Wrap
Steamed Mini Dim Sims x 3	1.50	☺Peanut Butter	2.00	
☺Toasties:	3.00	☺Cheese	2.00	
Ham & cheese, baked bean		Vegemite	2.00	
☺Pizza Muffins	2.00	☺Ham	2.50	
☺Raisin Toast	1.00	☺Ham & Cheese	3.00	
Milo with a marshmallow	1.20	☺Egg & Lettuce	3.00	
Muffins: apple and cinnamon, banana, carrot and pineapple.	1.50	☺Salad (lettuce, tomato, cucumber carrot, beetroot, mayo)	3.50	4.00
HOT FOODS (LUNCH)		☺Ham & Salad	4.00	4.50
Tomato Sauce sachet	.20	☺Chicken & Salad	4.00	4.50
☺Baked Spuds w cheese	2.50	Extra salad ingredients	.30	.30
☺Mini Corn Cobs	.80			
Steamed Dim Sims	.80	DRINKS		
Mini Party Pie, sausage roll, quiche	1.30	☺Summit Water 250ml		1.50
Meat Pie	3.00	Berri Juice Cups		.80
Jumbo Sausage Rolls	2.50	Just Juice		1.50
Pizza Pockets	2.00	☺Big M - UHT		2.30
Vegetable Rolls	3.00	☺Thorpedo Water		1.50
☺Chicken Tender Roll (lettuce & Mayo)	3.00	Play Water		1.80
Fantastic Noodle Cups	2.00			
Hot Dog	2.50			
☺Soup to Go with a dinner roll	2.50			
SNACKS		ICE -CREAMS		
☺Apples, Oranges, Bananas	.90	☺Frozen Pineapple ring		.50
☺Popcorn	.80	☺Frozen Fruit Bags		1.00
Red Rock Chips	1.20	Quelch Sticks		.80
☺Gogurt	.80	Miniz		.80
		Icy- bites		.80
		Vanilla Cup		1.00

INSUFFICIENT MONEY IS PLACED WITH ORDER – ORDERS WILL BE ADJUSTED ACCORDINGLY

Helpful Tips:

- Keep Recess & Lunch Menus Different
- Make Recess options really simple e.g. toasted sandwiches
- Limit menus to a handful of good selling items - makes preparation easier & profits healthier.
- Incorporate Specials of the Day/Week to increase menu variety.
- All items shown are low in fat and salt, where possible.

Important Notes:

- Sandwich salad filling is based on a basic salad of three ingredients - Lettuce, Tomato, Carrot.
- If other ingredients are added eg corn, cucumber, capsicum & especially cheese, then prices need to be higher.
- Consideration also needs to be given to the volume of filling used. Are you too generous with the fillings? If so, price accordingly.

Menu based on a school that has minimal equipment, minimal assistance with preparation and does not offer home cooked food.

MEAL COMBOS

Packaging a selection of menu items into meal combos is often well received by students. The most popular meal combos include a menu item – such as a roll combined with a drink.

Eggs are:

- **Teddy Bears Picnic** - Berri Juice Cup, 1/2 ham and cheese sandwich, little fruit bag and a teddy bear biscuit popped on top. Plain or mini are fine. Recommended menu price: **\$3.50**
- Sports Pack – ½ Chicken and salad roll, Gogurt, frozen pineapple ring. Recommended menu price: **\$4.00**
- Crunchy Combo – ½ Chicken Tender roll, Just Juice, celery sticks. Recommended menu price **\$3.50**
- Winter Winner - Baked potato with cheese, Mandarin, Berri Fruit cup. Recommended Menu Price: **\$4.00**
- Mini Subs (rolls cut in half) eg sweet chilli chicken tender with lettuce & Mayo. Recommended Menu Price: **\$2.40**
- Hot Pups (hot dogs cut in half) Recommended Menu Price **\$1.40**

IDEAS FOR SPECIALS:

- Teriyaki Noodles
- Fried Rice
- Sushi
- Pasta Blasta, lasagne
- Chicken Burger
- Salad Bowls

SNACK IDEAS:

- Rice cakes with vegemite, cheese
- Dips, grissini & vegie sticks or cheese cubes
- Yogurt cups with berries/ topping/coulis
- Fruit salad in waffle cone
- Fruit 'n' Jelly cup
- Muffins/scones