



Braeview School R-7 : Eat WellSA

Lunch Order Service

As at February 2016

Supplied by COUNTRY ROOSTER

Shop 13, 93 Main South Road, O'Halloran Hill

GREEN category foods and drinks are the healthiest choices – Everyday foods		
AMBER category foods and drinks are more processed with some added salt, sugar and/or fat (Choose carefully)		
Salads		
Sandwiches: Wholemeal bread		
Vegemite	\$2:00	
Cheese	\$2:00	
Ham	\$2:40	
Chicken	\$3:00	
40c extra charge for add: tomato, lettuce, carrot, cheese, cucumber, onion		
20c extra charge for add: sauce, mayo		
40c extra charge for toasted		
Toasted Sandwiches: Wholemeal bread		
Cheese	\$2:40	
Ham & Cheese	\$3:20	
Ham & Cheese & Tomato	\$3:60	
Cheese and Tomato	\$2:80	
Cheese and Vegemite	\$2:80	
Hot Foods		
Hot Chicken Roll	\$4:60	
Half Hot Chicken Roll	\$2:50	
Hot Cheese Roll	\$2:40	
Hot Ham and Cheese Roll	\$3:90	
Chicken Burger with lettuce, tomato	\$5:30	
Dressing: Mayo		
¼ chicken	\$4:50	
Garden Salad		\$4:00
Garden Salad with Ham		\$5:50
Garden Salad with Tuna		\$5:80
Garden Salad with Chicken		\$5:80
Dressings : Mayo and Italian		
Other Salads available: Coleslaw, Pasta, Chicken Pasta, Caesar, Greek, Curry egg, Tabouli, Seaford Small: \$4:00 Large: \$5:40		
RED category foods and drinks are highly processed, energy dense and nutrient poor (Not recommended)		
Hot Dog with sauce	\$3.20	
Half Hot Dog with sauce	\$1.70	
Hot Dog with cheese & sauce	\$3.60	
Half Hot Dog with cheese & sauce	\$2.00	
Spaghetti Bolognese	Small \$3:20 Large: \$4:50	
Fried Rice with Ham and Veg	Small: \$3:20 Large: \$4:50	
Water, Milk and Juice		
Water	\$2.60	
Flavoured Milk 375 ml Strawberry, chocolate, honeycomb	\$2:80	
Fruit Juice 250ml Apple, orange , apple& blackcurrant	\$2:40	



right bite
for schools and preschools