

LUNCH ORDER SAMPLE

On a paper bag/envelope include the following information:



Due to Health Regulations, when ordering your lunch please put the correct money inside a sealed envelope and place this envelope inside a new lunch order bag with your name and grade clearly marked.

Caring for your child's lunch

It is important that lunch is stored in a correct and hygienic container. We encourage parents to minimize the use of plastic wrappings and bags by using containers that are specifically designed for lunches that have a secure lid.

In warmer weather parents can keep their child's lunch cool by using an insulated lunch box or lunch ice cubes that can be frozen overnight.



Please check the AIA healthy eating policy at the Parent Hub/Students Health & Wellbeing, if you need



Australian
International Academy

Dear Parents/Guardians,

Good eating habits start at home and can be supported by your school canteen.

AIA has won Nutrition Australian Award for our Healthy School Program. We ask parents to support our attempts to improve the variety & nutrient content of foods offered to students by supervising their child's choices to ensure a balanced selection. The majority of these foods are categorised as "green light foods".

Thank you for your great cooperation



WE ARE NUT FREE SCHOOL

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Everyday Food For Healthy Bodies

Sandwiches (roll/roasted) extra 50 cents

Salad & Cheese	\$3.50
Tuna, lettuce, mayonnaise, cheese & tomato	\$3.50
Salami	\$2.00

Snacks

Meat (lahme be ajeen)

(half)	\$2.00	(full)	\$4.00
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Cheese pastry

(half)	\$2.00	(full)	\$4.00
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Cheese & Spinach pastry

(half)	\$2.00	(full)	\$4.00
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Zatar & Vegie wrap

(half)	\$1.50	(full)	\$3.00
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Yogurt Cup vanilla/strawberry	\$2.00
Yogurt tubes vanilla/strawberry	\$1.50
Fruit Salad	\$2.50
Popcorn	\$2.00
Rice crackers with low fat Kraft	\$1.50
Mixed snack	\$2.00
Fruit bars (2)	\$1.00
Corn flakes bar	\$2.00
Cornflakes cup	\$1.00

Extra yummy Food Available

MONDAY

Home made grilled potato cake	\$2.00
Beef Burger	\$3.50
Chicken Burger	\$4.00

TUESDAY

Fresh Chicken Wings and Roast Potato	\$5.00
Rice with meat ball sauce	\$4.00

WEDNESDAY

Dim sims (steamed 3)	\$4.00
Pasta with Napolitano sauce	\$4.00
Box of chicken dinosaur & salad	\$4.50

THURSDAY

Kafta salad wrap	\$3.50
Fresh chicken breast wrap with garlic sauce & salad	Small \$3.50 Large \$5.00

FRIDAY

Light meat pie with sauce (halal)	\$4.00
Jumbo sausage roll (halal)	\$4.00
Chicken Souvlaki (Shish Tawuk)	Large \$5.50 Small \$3.50

Everyday Food For Healthy Bodies

Fruit & Veg

Apple, Orange, Pear, other fruit seasonally	\$1.00
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Salads Wrap

Salad wrap: (Lettuce, Carrot, Tomato, Cucumber & Beetroot)	\$3.50
Salad wrap: (vegetables & cheese)	\$4.00
Cheese wrap	\$2.00

Drinks

<u>Fresh Juice delivered daily 100% apple or orange</u>	
Small	\$2.50
Large	\$3.50

Bottled Spring Water

Large	\$2.00
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Fresh Oak Flavoured milk (daily)

Small	\$2.50	Large	\$3.50
Mixed flavoured milk		\$2.00	

Ice Cream (Summer only)

Mixed ice cream 99% real fruit	\$2.00
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