



Canteen Menu – Term 2 & 3 2019

SANDWICHES/ ROLLS/ WRAPS/ TOASTED

Wholemeal bread with **Butter** unless specified White

Rolls add \$0.30, Wraps add \$0.50, Toasted add \$0.20

Any extra fillings add \$0.50 each

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|---|--------|
| Avocado | \$3.00 |
| Avocado & Cheese | \$3.50 |
| Cheese | \$2.50 |
| Cheese & Tomato | \$3.00 |
| Chicken, Lettuce & Mayo (E) | \$4.50 |
| Chicken & Salad | \$4.50 |
| Ham | \$3.00 |
| Ham & Cheese | \$3.50 |
| Ham & Salad | \$4.50 |
| Salad (carrot, cucumber, lettuce & tomato) | \$4.00 |
| Vegemite | \$2.50 |
| Vegemite & Cheese | \$3.00 |
| Chicken Schnitzel, Lettuce & Mayo Roll/Wrap (E) | \$4.80 |
| Hot Cheese Roll/Wrap | \$3.00 |
| Hot Cheese & Ham Roll/Wrap | \$4.00 |

SCROLLS \$3.00

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|---------------------------------|
| Cheese & Tomato Sauce (V, SF) |
| Ham, Cheese & Tomato Sauce (SF) |
| Vegemite & Cheese (V, SF) |

SALADS & VEGETABLES

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|-------------------------------------|--------|
| Chicken Caesar Salad (E) | \$5.50 |
| Steamed Vegetables (VG, GF, SF, DF) | \$5.00 |

HOT SNACKS

| | |
|---------------------------|--------|
| Corn Cob (VG, DF, SF, GF) | \$1.00 |
| Dim Sims | \$1.00 |

CHICKEN NUGGETS with optional Tomato or BBQ Sauce (please specify)

6 for \$4.00 10 for \$6.00

BEEF SAUSAGE ROLLS with optional Tomato sauce (please specify)

Half \$1.50 Large \$2.50

BAKED POTATOES (GF, SF)

Choose two toppings: \$4.50

Any additional toppings add \$0.50c each

Baked Beans, Cheese, Ham, Sour Cream, Butter, Bacon, Corn

HOME MADE PIZZAS (GFO, SF)

\$4.00

Base topped with homemade tomato sauce & mozzarella cheese

Ham & Cheese,

Hawaiian,

Pepperoni,

Tomato & Cheese, (V)

HOT MEALS

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|--|--------|
| Macaroni Cheese (V, SF) | \$4.50 |
| Fried Rice (SF, GFO, DF) | \$4.50 |
| Pasta Napoli (Tomato) (VG, GFO, SF, DF) | \$4.50 |
| Pasta Bolognese (GFO, DF, SF) | \$5.00 |
| Thick Tomato & Vegetable Soup (GF, DF, SF, VG) | \$5.00 |
| Potato Bake (V, SF, GF) | \$5.00 |
| Indian Vegetable Curry & Rice (VG, GF, DF, SF) | \$5.00 |
| Butter Chicken & Rice (DF, GF, SF) | \$5.50 |
| Lasagna (SF) | \$5.50 |
| Beef Enchiladas (GFO) | \$5.50 |

NACHOS (GF,V)

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|------------------------------------|--------------|
| Corn Chips with Salsa & Cheese | Small \$4.00 |
| Please specify optional Sour Cream | Large \$5.00 |

BURGERS pickled cucumber add \$0.50

Choice of Beef, Chicken or Vegie Burger(VG) \$4.50

With Lettuce, Tomato & Cheese, Tomato,

Sauce or Mayonnaise (E) served in a Roll

(please specify toppings)

Cheese Burger with Sauce \$4.00

SNACKS

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|--|--------|
| Apple Slinky | \$1.00 |
| Orange Quarters | \$1.00 |
| Seasonal Fruit | \$1.00 |
| SPC Fruit Tubs in Juice (VG, GF, DF, SF) | \$1.00 |
| Muffin - Apple & Cinnamon, Banana (V, E) | \$1.00 |
| Chocolate Chip Cookie (V, E) | \$1.00 |
| Gingerbread Kid (V, E, GFO) | \$1.00 |
| Sunrice Mini Rice Cakes (GF, VG, SF, DF) | \$1.00 |
| Corn Chips (VG, GF, SF, DF) | \$1.00 |
| Homemade Organic Popcorn (VG, GF, SF, DF) | \$1.50 |
| Red Rock Deli Sea Salt Chips (VG, GF, SF, DF) | \$1.50 |
| Chocolate Brownie (V, E) | \$1.50 |
| Fresh Creamy Yoghurt cups with Berry or Mango Swirl (V, GF, SF, C) | \$1.50 |

DRINKS

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|---|--------|
| Bottled Water | \$1.00 |
| Daily Juice Fresh Fruit Juice | |
| Apple (DF, VG, SF, GF) | \$2.00 |
| Fresh Big M Chocolate or Strawberry (V, GF) | \$2.00 |
| Fresh Milk with Sipahh straw (V, GF, C) | |
| Dairy, Lactose free milk or Soy | \$1.50 |

SMOOTHIES (C)

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|------------------------|--------|
| Banana (V, GF, SF) | \$3.00 |
| Berry (DF, VG, SF, GF) | |

**(V) Vegetarian (VG) Vegan (DF) Dairy Free
(E) Contains Egg (GF) Gluten Free
(GFO) Gluten Free Option Available
(SF) Refined Sugar Free (C) Collect from canteen**

- ✓ Canteen is open Monday, Wednesday, Thursday & Friday for Lunch Orders
- ✓ Icy poles, Snacks & Drink sales Lunch time Monday to Friday
- ✓ Complete Lunchbox Available - drop off before 9am to the Canteen.
- ✓ Canteen open before school for recess snacks or fruit.

FROZEN (Collect from Canteen Only) (Subject to availability)

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|---|--------|
| Quelch Sticks (assorted) (VG, DF, GF, SF) | \$0.50 |
| Homemade Icy pole (VG, DF, GF, SF) | \$0.50 |
| Pineapple Ring (VG, GF, DF SF) | \$0.50 |
| Watermelon Wedge (VG, GF, DF SF) | \$0.50 |
| Orange Quarters (VG, GF, DF SF) | \$0.50 |
| Grapes (VG, GF, DF SF) | \$0.50 |
| Juicies (assorted) (VG, DF, GF, SF) | \$1.00 |
| Calippo Raspberry & Pineapple (VG, DF) | \$1.00 |
| Icy Twist Lemonade (VG, DF) | \$1.00 |
| Vanilla Ice Cream Tub (V) | \$1.00 |
| Paddle Pops (assorted) (V) | \$1.50 |
| Shaky Shake Cup Chocolate (V) | \$2.00 |
| Twisted Frozen Yoghurt (GF, V) | \$2.00 |

***Please use a LARGE paper bag for orders or we can provide one for \$0.10 please do not staple or tape bags closed**

****Large Paper Bags 10 for \$1.00 Sticky Beak Bags \$10.50**

*****Forks, spoons 10c ea if not ordering food**

******Any additional toppings, fillings added to menu items please add \$0.50c**

*******Extra Sauces \$0.20c ea**

******* Pre order Birthday Cupcakes only from the canteen \$2.50**

Menu items with the exception of a few are made on site in the canteen using fresh ingredients without the need for added colours, flavours or preservatives. No nuts or sesame products are used in the canteen. Some baked goods & mayonnaise contain egg (E). Canteen made dishes contain lots of hidden vegetables, perfect for fussy children. Reduced fat (light) dairy products used.

Please check current prices & menu items. Please check enough money has been provided. If the order is short of money Payment is expected ASAP The healthy traffic light canteen menu can be sighted on our school website under the canteen page. Please dispose of any old menus thoughtfully.