



Canteen Menu – Term 4 & 1 2019/2020

SANDWICHES (SF)/ ROLLS (SF)// TOASTED (SF)/ WRAPS

Wholemeal bread with Butter unless specified White

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

Gluten Free Bread add \$1.00

Add \$0.50 for Cheese,

Add \$1.00 for Avocado, Ham or Chicken

Avocado	\$3.00
Cheese	\$2.50
Chicken & Salad	\$5.00
Ham	\$3.00
Ham & Cheese	\$3.50
Ham, Cheese & Tomato	\$4.00
Ham & Salad	\$5.00
Salad (carrot, cucumber, lettuce & tomato)	\$4.00
Tomato	\$3.00
Vegemite	\$2.50
Chicken Schnitzel, Lettuce & Mayo Roll/Wrap (E)	\$4.80
Cheese Croissant (Warmed)	\$3.50

SCROLLS \$3.00

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

SUSHI/ HAND ROLLS with Soy Sauce (please request)

<u>MONDAY & WEDNESDAY ONLY</u>	\$3.00 ea
Avocado & Cucumber (VG, GF, DF)	2 (of same)
Tuna & Cucumber (GF, DF)	for \$5.50
Chicken & Cucumber (GF, DF)	

SALADS

Fresh Fruit Salad (VG, GF, SF DF)	\$5.00
Chicken Caesar Salad (E)	\$5.50
Vietnamese Rice Noodle & Vegetable Salad (GFO, DF, VG, SF)	\$5.50

HOT FOOD/MEALS

Dim Sim (DF) with Soy (please request)	\$1.10
Whole Corn Cob (VG, DF, SF, GF)	\$3.00
Pasta Napoli (Tomato) (VG, GFO, SF, DF)	\$4.50
Pasta Bolognese (GFO, DF, SF)	\$5.00
Fried Rice: (Ham, Vegies, & Soy) (GFO, DF, SF)	\$5.00
Lasagna (SF)	\$5.50
Chicken Dumplings (DF) with Soy (please request)	\$6.00

BAKED POTATOES (GF, SF) \$5.00

Choose two toppings:

Any additional toppings add \$0.50c each

Cheese, Sour Cream, Butter, Bacon, Corn

BEEF SAUSAGE ROLLS (SF) Half \$1.50 Large \$2.50 with Tomato sauce (please request)

HOME MADE PIZZAS (GFO, SF) \$4.50

Base comes with homemade tomato sauce & mozzarella cheese

Ham & Cheese,	Hawaiian,
Pepperoni,	Tomato & Cheese, (V)

NACHOS (GF, V, SF)

Corn Chips with Salsa & Cheese	Small \$4.50
Please request Sour Cream	Large \$5.50

BURGERS (SF, GFO)

Choice of Beef, Chicken or Vegie Burger with filling optios of Lettuce, Tomato & Cheese, Tomato Sauce or Mayonnaise (E) (please specify all toppings)	\$5.00
Cheese Burger with Sauce	\$4.50

CHICKEN NUGGETS (DF) 6 for \$4.50 10 for \$6.50 with Tomato or BBQ Sauce (please request)

GLUTEN FRIENDLY OPTION CHICKEN BITES \$5.00 (GF, DF, SF) Canteen Made, Oven Baked, Chicken Breast Pieces in a Corn Crumb with optional Tomato Sauce (please request)

SNACKS

Apple Slices (VG, GF, DF, SF)	\$1.00
Orange Quarters (VG, GF, DF, SF)	\$1.00
Watermelon Wedges (VG, GF, DF, SF)	\$1.00
SPC Fruit Tubs in Juice (VG, GF, DF, SF)	\$1.00
Veggie Sticks (Carrot, Cucumber) (VG, DF, SF, GF)	\$1.00
with Tzatziki	add \$1.00
Muffin - Strawberry or Banana (V, E)	\$1.00
Chocolate Chip Cookie (V, E)	\$1.00
Gingerbread Shape (V, E, GFO)	\$1.00
Corn Chips (VG, GF, SF, DF)	\$1.00
Chocolate Brownie (V, E)	\$1.50
Homemade Organic Popcorn (VG, GF, SF, DF)	\$1.50
Red Rock Deli Sea Salt Chips (VG, GF, SF, DF)	\$1.50
Fresh Creamy Yoghurt Cup with Berry Swirl (V, GF, SF, C)	\$2.00

DRINKS

Bottled Water (VG, GF, DF, SF)	\$1.50
Fresh Milk with Sipahh Straw (V, GF, C)	\$2.00
Soy Milk with Sipahh Straw (V, GF, C)	\$2.50
Just Juice Apple or Orange (DF, VG, SF, GF)	\$2.00
Fresh Big M Chocolate or Strawberry (V, GF)	\$2.50
Berry Smoothie (DF, VG, SF)	\$3.00
Watermelon & Mint Smoothie (DF, VG, SF, C)	\$3.00
Milkshake (SF, GF, V, C) <u>Not Available Fridays</u>	\$3.00
Salted Caramel (Monday, Wednesday or Thursday Only)	

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

FROZEN (Collect from Canteen Only)**SUBJECT TO AVAILABILITY**

Homemade Icy pole (VG, DF, GF, SF)	\$0.50
Grapes (VG, GF, DF SF)	\$0.50
Quelch Sticks (assorted) (VG, DF, GF, SF)	\$0.80
Juicies (assorted) (VG, DF, GF, SF)	\$1.50
Coconut Juicie Tubes (assorted) (VG, DF, SF, GF)	\$1.50
Calippo Raspberry & Pineapple (VG, DF)	\$1.50
Icy Twist Lemonade (VG, DF)	\$1.50
Vanilla Ice Cream Tub (V)	\$1.50
Twisted Frozen Yoghurt (GF, V)	\$2.50
Shaky Shake Cup Chocolate (V)	\$2.50

Please use a LARGE paper bag for orders or one can be provided 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**

Canteen is open Monday, Wednesday, Thursday & Friday for Lunch Orders

Icypoles, Snacks & Drink sales Lunch time Monday to Friday

Complete Lunchbox Available, drop of by 9am

Canteen open before school for recess snacks or fruit.

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.