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## Canteen Menu – Term 4 & 1 2017/18

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### **SANDWICHES/ROLLS**

Wholemeal unless specified white  
Rolls add \$0.30 Toasted add \$0.20  
Any extra fillings add \$0.50

Avocado	\$3.00
Cheese	\$2.50
Cheese & Tomato	\$3.00
Chicken, Lettuce & Mayo	\$3.50
Ham	\$3.00
Ham & Cheese	\$3.50
Ham & Salad	\$4.00
Salad:	\$3.50
( carrot, cucumber, tomato & lettuce)	
Vegemite	\$2.50
Vegemite & Cheese	\$3.00

### **WRAPS**

Generously filled Mountain Bread with:  
Chicken & Salad/ Ham & Salad/ Salad

Full Wrap	\$4.00
Half Wrap	\$3.00

### **SUSHI/NORI ROLLS (Wednesdays only)**

Teriyaki Chicken & Avocado	Each	\$2.70
Tuna & Cucumber	or 2 for	\$5.20
Avocado & Cucumber		
with soy sauce		

### **RICE PAPER ROLLS (Wednesdays only)**

Chicken or Crispy Tofu	Each	\$3.00
with dipping sauce	or 2 for	\$5.50

### **SALADS**

Chicken Caesar Salad	\$5.00
Vietnamese Beef and Rice Noodle Salad	\$5.00
Garden Salad:	\$4.00
(lettuce, cherry tomatoes, carrot, cucumber)	
Fruit Salad:	\$4.00
Seasonal fruits with a dollop of Greek Yoghurt	

### **BURGERS**

Choice of Beef, Chicken or Vegie Burger  
With Lettuce, Tomato & Cheese, Tomato  
Sauce or Mayonnaise served in a Roll \$4.50

### **BAKED POTATOES**

Choice of two toppings: \$4.50  
Baked Beans, Cheese, Ham, Coleslaw, Sour Cream

### **SAUSAGE ROLLS** with tomato sauce

Beef	Small \$1.00	Large \$2.50
Vegetarian		Large \$2.50

### **HOME MADE PIZZAS**

\$4.00  
with homemade tomato sauce & mozzarella cheese  
Ham & Cheese, Hawaiian,  
Pepperoni, Tomato & Cheese,  
Barbecue sauce, Chicken & Cheese

### **PASTA & RICE**

Pasta Bolognese	\$5.00
Pasta Napoli (Tomato)	\$4.00
Fried Rice: (Ham, Vegies, & Soy)	\$4.00

### **HOT ROLLS**

Chicken Schnitzel, Lettuce & Mayo	\$4.50
BLT- Bacon, Lettuce, Tomato & Mayo	\$4.50

### **NACHOS**

Corn Chips, Salsa, Cheese	Small	\$3.50
Please specify Sour Cream	Large	\$4.50

### **CHICKEN NUGGETS**

with Tomato/Barbecue sauce	5 for	\$3.50
	10 for	\$6.00

**HOT SNACKS**

Dim Sims	\$1.00
Corn Cob	\$1.00
Sweet Potato Wedges	\$3.00
Vegetable Spring Rolls	\$2.00

**SNACKS**

Homemade Organic Popcorn	\$1.20
Red Rock Deli Sea Salt Chips	\$1.50
Gingerbread Kid	\$1.20
Chocolate Chip Cookie	\$1.00
Anzac Cookie	\$1.00
Banana Bread	\$1.20
Carrot Cake	\$1.20
Muffin	\$1.00
Homemade Muesli Bar	\$1.00
Apple Slinky	\$1.00
Fresh creamy Yoghurt tubs with Berry or Mango Swirl	\$1.50
Homemade Fruit Jelly Tub	\$1.50
Watermelon Wedges	2 for \$1.00
Tub of Grapes	\$1.00

**DRINKS**

Bottled Water	\$1.00
Juice 100% Fruit: Apple/Orange	\$1.50
Apple & Blackcurrant/ Paradise Punch	
Big M Chocolate/Strawberry	\$1.50
Coconut Water	\$1.50
Fresh Milk with Sipahh straw ( various flav)	\$1.50
Dairy, Soy or Lactose free milk available (Sipahh straw included)	\$1.50

**SMOOTHIES**

	\$3.00
Berry	
Banana	
Green ( apple, banana, spinach & cucumber)	

**FROZEN**

Calippo Raspberry & Pineapple	\$1.00
Homemade Icpole (assorted)	\$0.50
Icy Twist Lemonade	\$1.00
Paddle Pops ( assorted)	\$1.50
Shaky Shake Cup Chocolate	\$2.00
Vanilla Ice Cream Tub	\$1.00
Quelch Sticks ( assorted)	\$0.50
Frozen Grapes	\$0.50

Gluten Free Pizzas, Pastas & Gingerbread available

Most 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.

Please remember to check correct prices and make sure there is sufficient money to cover your child's order.

**\*Please use a LARGE paper bag for orders or we can provide for \$0.10**

**Large Paper Bags 10 for \$2.00**

**Sticky Beak Bags \$10.50**