



Canteen Menu – Term 2 & 3 2018

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

Avocado	\$3.00
Avocado & Cheese	\$3.50
Cheese	\$2.50
Cheese & Tomato	\$3.00
Chicken, Lettuce & Mayo (E)	\$4.00
Chicken & Salad	\$4.00
Ham	\$3.00
Ham & Cheese	\$3.50
Ham & Salad	\$4.00
Salad (carrot, cucumber, lettuce & tomato)	\$3.50
Vegemite	\$2.50
Vegemite & Cheese	\$3.00
Chicken Caesar Wrap (E)	\$5.00
Baked Bean Toasted Jaffle (V)	\$4.00

SCROLLS

Cheese & Tomato Sauce (homemade sauce) (V, SF)	\$3.00
Ham, Cheese & Tomato Sauce (SF)	
Vegemite & Cheese (V, SF)	

HOT ROLLS

Cheese	\$3.00
Ham & Cheese	\$4.00
Chicken Schnitzel, Lettuce & Mayo (E, DF)	\$4.50
Meatballs & Cheese (E)	\$4.50

SALADS & VEGETABLES

Chicken Caesar Salad (E)	\$5.00
Warm Roasted Potato Salad with Mayo (V, E, GF, SF)	\$5.00
Roasted Vegetables (VG, DF, GF, SF)	\$5.00
Steamed Seasonal Vegetables (VG, GF, SF, DF)	\$5.00

CHICKEN NUGGETS with Tomato or BBQ Sauce

6 for \$4.00 10 for \$6.00

BAKED POTATOES (GF, SF)

Choose two toppings:

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

\$4.50

SAUSAGE ROLLS with Tomato sauce

Beef	Half	\$1.50	Large	\$2.50
Chicken and Corn				\$2.50
Spinach and Ricotta (V, SF)				\$2.50

HOME MADE PIZZAS (GFO)

With homemade tomato sauce & mozzarella cheese
 Ham, Hawaiian, Bacon,
 Pepperoni, Tomato & Cheese, (V)
 Chicken, BBQ sauce & Cheese

\$4.00

HOT MEALS

Pasta Napoli (Tomato) (VG, GFO, SF, DF)	\$4.00
Pasta Bolognese (GFO, DF, SF)	\$5.00
Baked Beans with Cheese (V, GF)	\$4.00
Macaroni Cheese (V, SF)	\$4.00
Fried Rice: (Ham, Vegies. & Soy) (GF, DF, SF)	\$4.00
Butter Chicken with Rice (GF, SF)	\$5.00
Hokkien Noodle & Vegetable Stir Fry (V, SF, VG, DF)	\$5.00
Lasagna	\$5.00
Ravioli with Bolognese or Napoli (E)	\$5.00
Spaghetti & Meatballs (E)	\$5.00
Spinach & Ricotta Cannelloni (V, SF)	\$5.00

NACHOS (GF, V)

Small	\$4.00	Large	\$5.00
Corn Chips, Salsa, Cheese			
Please specify Sour Cream			

BURGERS

pickled cucumber add \$0.50	
Choice of Beef, Chicken or Veggie Burger	\$4.50
With Lettuce, Tomato & Cheese, Tomato, Sauce or Mayonnaise (E) served in a Roll	
Cheese Burger with Sauce	\$4.00

HOT SNACKS

Macaroni Cheese Croquettes (V)	\$1.00
Corn Cob (VG, DF, SF, GF)	\$1.00
Risotto Rice Ball (V)	\$1.00
Dim Sims (DF)	\$1.00
Thai Style Chicken and Noodle Ball (DF)	\$1.00

SNACKS

Apple Slinky	\$1.00
Orange Quarters	\$1.00
Muffin, Blueberry or Choc Chip (V, E)	\$1.00
Chocolate Chip Cookie (V, E)	\$1.00
Gingerbread (V, E, GFO)	\$1.00
Sunrice Mini Rice Cakes (GF, VG, SF, DF)	\$1.00
Corn Chips (VG, GF, SF, DF)	\$1.00
Anzac Slice (V)	\$1.20
Banana Bread (V, E)	\$1.20
Chocolate & Raspberry Cake (V, E)	\$1.20
Homemade Organic Popcorn (VG, GF, SF, DF)	\$1.50
Red Rock Deli Sea Salt Chips (VG, GF, SF, DF)	\$1.50
Fresh Creamy Yoghurt tubs with Berry or Mango Swirl (V, GF, SF, C)	\$1.50

DRINKS

Bottled Water	\$1.00
Juice 100% Fruit: (DF, VG, SF, GF), Apple, Orange, Apple & Blackcurrant or Paradise Punch	\$1.50
Big M Chocolate or Strawberry (V, GF)	\$1.50
Coconut Water (VG, DF, GF, SF)	\$1.50
Fresh Milk with Sipah straw (V, GF, C)	\$1.50
Dairy, Lactose free milk or Soy	

SMOOTHIES (C)

Banana (Contains yoghurt) (V, GF, SF)	\$3.00
Berry (DF, VG, SF)	
Mango (DF, VG, SF)	

FROZEN

Quech Sticks (assorted) (VG, DF, GF, SF)	\$0.50
Homemade Iyypole (VG, DF, GF, SF)	\$0.50
Juices (assorted) (VG, DF, GF, SF)	\$1.00
Calippo Raspberry & Pineapple (VG, DF)	\$1.00
Icy Twist Lemonade (VG, DF)	\$1.00
Smooze Coconut (assorted) (VG, DF, GF)	\$1.00
Vanilla Ice Cream Tub (V)	\$1.00
Paddle Pops (assorted) (V)	\$1.50
Twirly Pop (V)	\$1.50
Cyclone (VG, DF)	\$2.00
Shaky Shake Cup Chocolate (V)	\$2.00

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

*Please use a LARGE paper bag for orders or we can provide 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 each if not ordering food

Canteen is open Monday, Wednesday, Thursday & Friday for Lunch Orders
 Iyypoles, Snacks & Drink sales Lunchtime Monday to Friday

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.

Please remember to check correct prices and make sure there is sufficient money to cover your child's order. Please make sure your child's bag is clearly marked with their name and grade.