



Canteen Menu – Term 4 & 1 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

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 (E)	\$4.80
Chicken Caesar Wrap (E)	\$5.00

SCROLLS

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

SUSHI/ HAND ROLLS with Soy Sauce

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

SALADS

Fresh Fruit Salad (VG, GF, SF DF)	\$4.00
Chicken Caesar Salad (E)	\$5.00
Greek Salad with Feta (V, GF, SF)	\$5.00
Vietnamese Beef & Rice Noodle Salad (GF, DF)	\$5.00
Roasted Pumpkin, Spinach & Cherry Tomato	\$5.00
Salad with Sunflower and Pumpkin Seeds (VG, DF, SF GF)	

CHICKEN NUGGETS with Tomato or BBQ Sauce (please specify)
 6 for \$4.00 10 for \$6.00

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

SAUSAGE ROLLS with Tomato sauce (please specify)

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

HOME MADE PIZZAS (GFO)

Base comes with homemade tomato sauce & mozzarella cheese
Ham & Cheese, **Hawaiian,**
Pepperoni, **Tomato & Cheese, (V)**
Chicken, BBQ sauce & Cheese, **Bacon**

HOT MEALS

Lasagna	\$5.00
Pasta Bolognese (GFO, DF, SF)	\$5.00
Pasta Napoli (Tomato) (VG, GFO, SF, DF)	\$4.00
Fried Rice: (Ham, Vegies, & Soy) (GF, DF, SF)	\$4.00
Hoiken Noodle & Vegetable Stir Fry (V, SF, VG, DF)	\$5.00
Teriyaki Beef & Broccoli with Rice Noodles (GF, DF)	\$5.00
Mild Beef or Vegetarian Chilli Con Carne	\$5.00
with optional Cheese & Sour Cream - please specify (GF, SF) (V)	

NACHOS (GF,V)

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

BURGERS pickled cucumber add \$0.50

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

HOT SNACKS

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

SNACKS

Apple Slinky	\$1.00
Orange Quarters	\$1.00
Watermelon Wedges	2 for \$1.00
Fresh Grapes	\$1.00
SPC Fruit Tubs in Juice (VG, GF, DF, SF)	\$1.00
Muffin - Apple & Cinnamon, Banana or Chocolate (V, E)	\$1.00
Chocolate Chip Cookie (V, E)	\$1.00
Oatmeal & Raisin 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
Fresh Creamy Yoghurt cups with Berry or Mango Swirl (V, GF, SF, C)	\$1.50

DRINKS

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)

Banana (V, GF, SF)	\$3.00
Berry (DF, VG, SF)	
Mango (DF, VG, SF)	
Watermelon & Mint (DF, VG, SF)	

Green – Healthy, any time foods.

Orange – Sometime foods (may contain sauces, salt, etc)

Red – Treats only

FROZEN (Collect from Canteen Only)

Quelch Sticks (assorted) (VG, DF, GF, SF)	\$0.50
Homemade Icpole (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
Juicees (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
Cyclone (VG, DF)	\$2.00
Shaky Shake Cup Chocolate (V)	\$2.00
Twisted Frozen Yoghurt (GF, V)	\$2.00

(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

- Please use a LARGE paper bag for orders
- Please make sure the bag is clearly named with your child's Name & Grade.
- 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

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.

Please check current prices and menu items and include enough money to cover the order. If the order is short of money an invoice will be sent home on the same day, which must then be paid to the office or Canteen ASAP.