

# Canteen Menu

Effective 30/05/2018

## Wraps

### **Salad Wrap**

Pita bread with cheese, tomato, cucumber, carrot, lettuce **\$4.00**

**With Ham, Chicken or Tuna** **\$5.00**

(mayonnaise, tomato sauce or sweet chilli sauce as requested)

## Sandwiches

Salad (cheese, tomato, carrot, lettuce, cucumber) **\$4.00**

Ham or Tuna salad **\$5.00**

Chicken & salad **\$5.00**

Egg & salad **\$4.80**

Egg & lettuce **\$4.00**

Ham, chicken or tuna **\$4.00**

Vegemite **\$2.00**

Cheese **\$2.00**

Cheese and vegemite **\$2.50**

Banana **\$3.00**

Also available as rolls **extra \$1.00**

Toasted **extra .50**

### **Extra fillings available:**

Tomato, lettuce, cucumber, carrot, beetroot, sliced tasty lite cheese **each .50**

Avocado **extra \$1.00**

**Buttered Roll** (White or Wholemeal) **\$1.20**

(Gluten free bread) **extra \$2.00**

## Salad Bowls

Salad (cheese, cucumber, carrot, tomato, lettuce) (GF) **\$4.00**

- with Ham, Chicken or Tuna **\$5.00**

Beetroot available with all for extra **.50**

Egg available with all for extra **.80**

## Chilled Juices and Drinks

250ml Nippy's – Chocolate or strawberry **\$2.00**

300ml Plain Full Cream Milk **\$1.50**

250ml 100% Just Juice Tetra Pack **\$2.00**

- Orange or Apple/Blackcurrant Juice

300ml Plain Water **\$1.50**

350ml Quench **\$2.00**

- Orange, Apple/Raspberry, Blue Heaven

300ml Oak Light Milk **\$2.00**

- Chocolate, Banana or Strawberry

## Hot Food

Low Fat Lasagne **\$4.50**

Juicy Corn Cobb (GF) **\$1.00**

Grilled Chicken Burger or Wrap (Plain) **\$4.50**

- with lettuce and mayonnaise **\$4.70**

- with lettuce, tomato and mayonnaise **\$4.90**

- with Salad **\$5.20**

- Cheese available for extra **.50**

Hot chicken roll **\$5.00**

Hot cheese roll **\$3.00**

- with tomato **\$3.20**

- with ham or chicken **\$5.50**

Low fat hotdog (pork) **\$3.50**

Low fat frankfurt (pork) in a container **\$2.00**

Ham & Pineapple Pizza slice **\$3.50**

Margarita Pizza slice **\$3.50**

Bolognaise Pasta Bake (220gm) **\$5.50**

Butter Chicken with Rice (220gm) **\$5.50**

Chicken Mini Rissoles with

Macaroni Cheese (220gm) **\$5.50**

Thai Green Curry Chicken with Rice (220gm) **\$5.50**

## Snacks

Lite jelly cups (GF) **.60**

Vegie sticks 2 of carrot & cucumber **.60**

Blueberry Muffin **\$2.00**

Apple Blueberry & Ricotta Muffins **\$2.00**

Watermelon slice (in season only) **.50**

Fruit Salad **\$1.00**

Popcorn : BBQ, butter, S & V, cheese **\$1.50**

Vege-Crackers : BBQ, S & V, Honey Soy (GF) **\$1.50**

Delites Rice Crackers (GF)

- Sour Cream & Chives & Sweet Chilli **\$1.00**

Choc Chip Cookie **\$1.00**

## Frozen Treats

Prima Quelch Sticks, 100% Juice **Full .60**

**Half .30**

Paddle Pops **\$1.70**

Lemonade Icy Poles / Calipo **\$1.00**

Frozen yoghurt : Mango or Strawberry **\$2.00**

**Frozen Treats can be ordered on lunch orders. Students are required to eat lunch in class and then bring their empty lunch order bag to the canteen to collect their frozen treat.**

## Important:

**Please advise canteen staff in writing if your child has any food allergies**

The full canteen menu is available every day.

Daily treat items are only available on their specified day.

### **Qkr order ( our preferred method) -**

Please order before 8.30am on the day the lunch is required. Do not send a paper bag through the classroom. **Add a paper bag onto the Qkr order.**

### **Classroom Order -**

If paper bag required please add 10 cents.

## Canteen Treats

### **MONDAY – SUSHI DAY**

Tuna, prawn, vegetarian, chicken teriyaki **\$3.50**

### **TUESDAY TREAT DAY**

Crumbed Chicken Nuggets **\$1.20**

Steamed Dim Sims **\$1.00**

Aussie Lite Sausage Roll **\$2.60**

Party Pie Lite **\$1.50**

Sauce – Tomato or Soy **.15**

G/F Sausage Roll **\$3.50**

G/F Party Pie **\$2.50**

If a daily treat item is ordered on the incorrect day, a substitute item will be given and the correct price charged accordingly.