

Canteen Menu

As at 12/10/2016

Wraps

Salad Wrap	\$4.00
Pita bread with cheese, tomato, cucumber, carrot, lettuce	
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 and salad	\$5.00
Egg and salad	\$4.80
Egg and 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	.50

Extra fillings available

Tomato, lettuce, cucumber, carrot, beetroot, sliced tasty	
lite cheese	each .50
Avocado	extra \$1.00
Buttered Roll	\$1.20

Rolls available in White and Wholemeal

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	\$1.40
250ml, 100% Just Juice Tetra Pack	\$1.50
- Orange or Apple/Blackcurrant Juice	
300ml Plain Water	\$1.20
350ml Quench – Orange, Apple/Raspberry, Blue Heaven	\$1.60
300ml Oak Light Milk – Chocolate, Banana or Strawberry	\$1.80

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 to the order.**

Classroom Order -

If paper bag required please add 10 cents.

Hot Food

Low Fat Lasagne	\$4.00
Juicy Corn Cobb (GF)	\$1.00
Grilled Chicken Burger or Wrap (Plain)	\$4.00
(with lettuce and mayonnaise)	\$4.50
(with lettuce, tomato and mayonnaise)	\$4.70
(with Salad,)	\$5.00
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)	\$3.20
Low fat frankfurt (pork) in a container	\$2.00
Ham and Pineapple Pizza slice	\$3.00
Margarita Pizza slice	\$3.00
Vegie Burger	\$1.80

Healthy Snacks

Lite jelly cups (GF)	.60
Vegie sticks 2 of carrot & cucumber	.50
Blueberry Muffin	\$1.50
Watermelon slice (in season only)	.30
Fruit Salad...	.80
Popcorn, BBQ, butter, S & V, cheese	\$1.20
Vege-Crackers – BBQ, S & V, Honey Soy (GF)	\$1.20
Delites Rice Crackers (GF) Sour Cream & Chives	\$1.00
Choc Chip Cookie	\$1.00

Frozen Treats

Prima Quelch Sticks, 100% Juice	Full .50	Half .25
Paddle Pops	\$1.50	
Lemonade Icy Poles	\$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.

Canteen Treats

MONDAY – SUSHI DAY

Tuna, prawn, vegetarian, chicken teriyaki	\$3.00
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TUESDAY TREAT DAY

Crumbed Chicken Fillets	\$1.20
Steamed Dim Sims	\$1.00
Aussie Lite Sausage Roll	\$2.50
Party Pie Lite	\$1.20
Sauce – Tomato or Soy	.15

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