

# Canteen Menu

Effective 01/01/2018

## 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**

## Snacks

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

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

Blueberry Muffin **\$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.

