# St Mary’s Canteen 2017

## RECESS SNACKS
Available every day
- Fresh Fruit (Seasonal Availability): 60c (G)
- Pretzels: 90c (A)
- Popcorn: 90c (G)
- JJ Snacks: $1.20 (A)
- Red Rock Chips: $1.20 (A)
- Piranha Gluten Free Snacks: $1.30 (A)

### Recess Specials – will change daily (2 or 3 of the following items each day)
- Fresh Fruit Kebab: 40c (G)
- Fruit Salad Cup (Seasonal): 80c (G)
- Garlic Bread or Mini Muffins: 30c (A)
- Freshly Made Pikelets: 30c (G)
- Freshly Made Pizza Slice: 40c (G)
- Jelly Cups: 40c (A)
- Freshly Made Pasta Cup: 60c (G)
- Mini Rice Paper Rolls: $1.00 (G)

## SANDWICHES
- Wholemeal Bread is standard
  - White or Multigrain bread available upon request.
  - Margarine or butter is not used - available upon request.
  - Toasted Sandwiches 20c extra.
  - Bread Rolls or Wraps 50c extra

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite, or Honey</td>
<td>$1.20 (A)</td>
</tr>
<tr>
<td>Cheese</td>
<td>$2.00 (G)</td>
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<tr>
<td>Cheese &amp; Tomato</td>
<td>$2.30 (G)</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.00 (G)</td>
</tr>
<tr>
<td>Chicken, Lettuce &amp; Mayo</td>
<td>$3.30 (G)</td>
</tr>
<tr>
<td>Ham</td>
<td>$3.00 (G)</td>
</tr>
<tr>
<td>Ham &amp; Cheese</td>
<td>$3.50 (G)</td>
</tr>
<tr>
<td>Ham, Cheese &amp; Pineapple</td>
<td>$3.80 (G)</td>
</tr>
<tr>
<td>Tuna or Salmon</td>
<td>$3.00 (G)</td>
</tr>
<tr>
<td>Tuna or Salmon + Lettuce &amp; Mayo</td>
<td>$3.30 (G)</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.30</td>
</tr>
<tr>
<td>(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)</td>
<td></td>
</tr>
</tbody>
</table>

### Extra Fillings
- Ham, Chicken, Tuna or Salmon: $1.50 (G)
- Cheese or Pineapple: 50c (G)
- Individual Salad Item: 30c (G)
- (lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)

## SALAD BOWLS
- Fresh Fruit Salad (Seasonal): $3.00 (G)
- Salad: $3.50 (G)
- (lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)
- Salad & Ham: $5.00 (G)
- Salad & Roast Chicken: $5.00 (G)

## ICE COLD TREATS
(Lunchtime Only)
- Orange Smiles: 5c (G)
- Quelch Juice Ice Blocks: 60c 1/3 30c (A)
- ZING Sour Ice Blocks: 80c 1/4 40c (A)
- “Juicies” Fruit Juice: 80c (A)
- Ice Cream Cup: $1.00 (A)
- Lemonade Icy Pole: $1.20 (A)
- Fandangles Ice Cream: $1.60 (A)
- Frozen Fruit Yoghurt: $1.50 (A)
- Ice Slushies (concentrate 99% juice): $1.80 (A)

## HOT FOOD

### Mini Pie
- $2.00 (A)

### Large Pie
- $3.00 (A)

### Chicken & Vegetable Pie
- $3.00 (A)

### Sausage Roll
- $2.20 (A)

### Corn on the Cob
- 90c (G)

### Chicken Wedge
- 70c (A)

### Chicken Burger with lettuce & mayo
- 3.00 (A)
  - "chicken patty only" 2.80 (A)
  - "chicken patty only with salad" 3.80 (A)

### Chicken Wedge wrap
- 4.30 (A)
  - (3 chicken wedges, lettuce, tomato, sweet chilli sauce)

### Sweet Chilli Chicken Tender
- 1.40 (A)

### Pizza Singles
- 2.60 (A)
  - (ham & pineapple/cheese & bacon)

### Bolognese Twirls (made in canteen)
- 3.00 (G)

### Macaroni & Cheese (made in canteen)
- 3.00 (G)

### Fried Rice (made in canteen)
- 3.00 (G)

### Tomato Sauce
- 30c (A)

### BBQ, Sweet & Sour Sauce
- 40c (A)

## DRINKS

### Plain Milk
- $1.60 (G)

### Flavoured Milk (Reduced Fat)
- $1.60 (G)
  - (Chocolate/Strawberry)

### 100% Juices (Apple, Orange, OJ & Passio)
- $1.60 (A)

### Bottled Water (600ml)
- $1.40 (G)
When Ordering Lunches
Recess Items and Ice Blocks **CANNOT** be pre-ordered on lunch orders - students must purchase them over the counter at the canteen.
Please remember to mark all lunch bags with children's name and class.
Please provide a 2nd bag for drink orders.

**Breakfast Menu**
Breakfast available 8:30am - 8:50am

- Piece of Fruit $0.60 (G)
- Toast $0.40 (G)
- Raisin Toast $0.40 (G)
- Juice $1.60 (A)
- Plain Milk $1.60 (A)
- Flavoured Milk $1.60 (A)
- Hot Chocolate $1.00 (A)
- Cold Milo $1.00 (A)

LUNCH SPECIALS

**ALL YEAR**

- Monday
  - Fresh fruit salad & Yoghurt $5.00 (G)
  - plus Drink

- Wednesday
  - Chicken or Ham & Salad Wrap $6.00 (G)
  - plus Drink

- Thursday
  - Pasta & Bean Salad plus Drink $5.00 (G)
  - Small shell pasta, 4 bean mix, tomato, cucumber, onion, corn kernels

- Friday
  - Chicken Wedge Wrap plus Drink $5.50 (A)
  - 3 Hot chicken wedges with lettuce, tomato and sweet chilli sauce in a tortilla wrap

**WINTER**

- Monday
  - Homemade Nachos $5.00 (G)
  - plus Drink

- Wednesday
  - Hot Baked Potato $5.00 (G)
  - with Bolognese and Cheese plus Drink

- Thursday
  - Hamburger plus Drink $5.00 (G)
  - Fresh beef patty, lettuce, tomato, beetroot, sauce on toasted bun

- Friday
  - Home Made Soup & Bread Roll $4.50 (G)
  - plus Drink