



# SANDWICHES



# 2019 Canteen Pricelist

(E) -Everyday Healthy, nutritious option.  
(O) - Occasional, Select Carefully

## RECESS SNACKS

Available every day

Fresh Fruit(Seasonal Availability)	60c (E)
Pretzels	90c (O)
Popcorn	90c (E)
JJ Snacks	\$1.20 (O)
Red Rock Chips	\$1.20 (O)
Piranha Gluten Free Snacks	\$1.40 (O)

**RECESS SPECIALS - will change daily**  
(2 or 3 of the following items each day)

Fresh Fruit Kebab	40c (E)
Fruit Salad Cup (Seasonal)	80c (E)
Garlic Bread or Mini Muffins	30c (O)
Freshly Made Pikelets	30c (E)
Freshly Made Pizza Slice	40c (E)
(Tomato/BBQ Sauce, Cheese, Ham on tortilla wrap)	
Jelly Cups	40c (O)
Freshly Made Pasta Cup	60c (E)
(Warm Pasta with Tomato Based Sauce)	

## ICE COLD TREATS (Lunch Time Only)

Orange Smiles, Frozen Grapes(3)	5c (E)
Quelch Juice Ice Blocks $\frac{1}{2}$ = 30c	60c (O)
Frozen Juice Cup	70c (E)
ZING Sour Ice Blocks $\frac{1}{2}$ = 40c	80c (O)
"Juicies" Fruit Ice Block	80c (O)
Ice Cream Cup, Low Fat	\$1.50 (O)
Lemonade Icy Pole	\$1.30 (O)
Billabong Ice Cream	\$1.60 (O)
Frozen Fruit Yoghurt	\$1.50 (O)

- 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

Vegemite, or Honey	\$1.50 (O)
Cheese	\$2.00 (E)
Cheese & Tomato	\$2.30 (E)
Chicken	\$3.00 (E)
Chicken, Lettuce & Mayo	\$3.30 (E)
Ham	\$3.00 (E)
Ham & Cheese	\$3.50 (E)
Ham, Cheese & Pineapple	\$3.80 (E)
Tuna or Salmon	\$3.00 (E)
Tuna or Salmon + Lettuce & Mayo	\$3.30 (E)
Salad	\$3.50 (E)

(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)

### Extra Fillings

Ham, Chicken, Tuna or Salmon	\$1.50 (E)
Cheese or Pineapple	50c (E)
Individual Salad Item	30c (E)

(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)



## SALAD BOWLS

Fresh Fruit Salad (Seasonal)	\$3.00 (E)
Salad	\$3.50 (E)

(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)

Salad & Ham	\$5.00 (E)
Salad & Roast Chicken	\$5.00 (E)

## RICE PAPER ROLLS



Vegetarian, Tinned Tuna or Diced Chicken \$2.20 (E)  
- All rolls include rice noodles, lettuce, cucucumber, carrot, capsicum, bean sprouts.



## HOT FOOD

Mini Pie	\$2.00 (O)
Large Pie	\$3.00 (O)
Chicken & Vegetable Pie	\$3.00 (O)
Sausage Roll	\$2.20 (O)
Corn on the Cob	90c (E)
Chicken Wedge	80c (O)
Chicken Burger with lettuce & mayo	\$3.20 (O)
" " chicken patty only	\$3.00 (O)
" " with salad	\$4.00 (O)
Chicken wedge wrap	\$4.50 (O)
(3 chicken wedges, lettuce, tomato ,sweet chilli sauce)	
Sweet Chilli Chicken Tender	\$1.50 (O)
<b>GLUTEN FREE</b> Chicken Tender	\$1.50 (O)
Pizza Singles	\$2.60 (O)
(ham & pineapple/cheese & bacon)	
Bolognese Twirls (made in canteen)	\$3.00 (E)
Macaroni & Cheese (made in canteen)	\$3.00 (E)
Fried Rice (made in canteen)	\$3.00 (E)

Tomato Sauce	30c (O)
BBQ, Sweet & Sour Sauce, Sweet Chilli	40c (O)
Small fish shaped Soy Sauce	10c (O)

## DRINKS

Plain Milk	\$1.90 (E)
Flavoured Milk (Reduced Fat)	\$1.90 (E)
(Chocolate/Strawberry)	
100% Juices	\$1.90 (O)
(Apple, OJ, OJ&Passio, Blackcurrant)	
Bottled Water(600ml)	\$1.50 (E)

# 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	60c (E)
Toast	40c (E)
Raisin Toast	40c (E)
Juice	\$1.90 (O)
Plain Milk	\$1.90 (E)
Flavoured Milk	\$1.90 (E)
Hot Chocolate	\$1.00 (O)
Cold Milo	\$1.00 (O)



# LUNCH SPECIALS

## WINTER

### Terms 2 & 3 Only

## ALL YEAR

### Monday

Fresh fruit salad & Yoghurt plus Drink



\$5.00 (E)

### Wednesday

Chicken or Ham & Salad Wrap plus Drink



\$6.50 (E)

### Thursday

2 Rice Paper Rolls Plus Drink  
Please specify either Vegie, Tuna or Chicken roll and type of sauce - Soy or Sweet Chilli Plus Drink



\$5.50 (E)

### Friday

Chicken Wedge Wrap plus Drink  
3 Hot chicken wedges with lettuce, tomato and sweet chilli sauce in a tortilla wrap plus Drink



\$6.00 (O)

### Monday

Homemade Nachos plus Drink



\$5.50 (O)

### Wednesday

Hot Baked Potato with Bolognese and Cheese plus Drink



\$5.50 (E)

### Thursday

Hamburger plus Drink  
Fresh beef patty, lettuce, tomato, beetroot, sauce on toasted bun



\$5.50 (E)

### Friday

Home Made Soup & Bread Roll plus Drink \$5.00 (E)

