



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

| | |
|-----------------------------------------------------------------------|------------|
| Vegemite, or Honey | \$1.50 (O) |
| Cheese | \$2.00 (E) |
| Cheese & Tomato | \$2.30 (E) |
| Chicken | \$3.30 (E) |
| Chicken, Lettuce & Mayo | \$3.50 (E) |
| Ham | \$3.30 (E) |
| Ham & Cheese | \$3.80 (E) |
| Ham, Cheese & Pineapple | \$4.00 (E) |
| Tuna or Salmon | \$3.30 (E) |
| Tuna or Salmon + Lettuce & Mayo | \$3.50 (E) |
| Salad | \$3.50 (E) |
| <small>(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)</small> | |

Extra Fillings

| | |
|-----------------------------------------------------------------------|------------|
| Ham, Chicken, Tuna or Salmon | \$1.80 (E) |
| Cheese or Pineapple | 50c (E) |
| Individual Salad Item | 30c (E) |
| <small>(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)</small> | |

SALAD BOWLS



| | |
|-----------------------------------------------------------------------|------------|
| Fresh Fruit Salad (Seasonal) | \$3.00 (E) |
| Salad | \$3.50 (E) |
| <small>(lettuce,tomato,cucumber,carrot,cheese,beetroot,onion)</small> | |
| Salad & Ham | \$5.30 (E) |
| Salad & Diced Chicken | \$5.30 (E) |

2020 Canteen Pricelist



HOT FOOD

| | |
|------------------------------------------------------------------------|------------|
| Mini Pie | \$2.20 (O) |
| Large Pie | \$3.30 (O) |
| Chicken & Vegetable Pie | \$3.30 (O) |
| Sausage Roll | \$2.40 (O) |
| Corn on the Cob | 90c (E) |
| Chicken Wedge | 80c (O) |
| Chicken Burger with lettuce & mayo | \$3.50 (O) |
| " " chicken patty only | \$3.30 (O) |
| " " with salad | \$4.30 (O) |
| Chicken wedge wrap | \$4.50 (O) |
| <small>(3 chicken wedges, lettuce, tomato ,sweet chilli sauce)</small> | |
| Sweet Chilli Chicken Tender | \$1.50 (O) |
| GLUTEN FREE Chicken Tender | \$1.50 (O) |
| Pizza Singles | \$2.80(O) |
| <small>(ham & pineapple/cheese & bacon)</small> | |
| Bolognese Twirls (made in canteen) | \$3.30 (E) |
| Macaroni & Cheese (made in canteen) | \$3.30 (E) |
| Fried Rice (made in canteen) | \$3.30 (E) |
| Tomato Sauce | 30c (O) |
| BBQ, Sweet & Sour Sauce, Sweet Chilli | 40c (O) |

RICE PAPER ROLLS



| | |
|----------------------------------------------------------------------------------------|------------|
| Vegetarian | \$2.20 (E) |
| Tinned Tuna or Diced Chicken | \$2.50 (E) |
| - All rolls include rice noodles, lettuce, cucucumber, carrot, capsicum, bean sprouts. | |

(E) -Everyday healthy, nutritious option.
(O) - Occasional, select carefully

DRINKS

| | |
|-----------------------------------------------------------|------------|
| Plain Milk | \$2.00 (E) |
| Flavoured Milk (Reduced Fat) | \$2.00 (E) |
| <small>(Chocolate/Strawberry)</small> | |
| 100% Juices | \$2.00 (O) |
| <small>(Apple, OJ, OJ & Passio, Blackcurrant)</small> | |
| Bottled Water(600ml) | \$1.60 (E) |

When Ordering Lunches

Please remember to mark all lunch bags with children's name and class.

If you do not have a lunch bag please send the order and money in an envelope or zip lock bag clearly marked with name, class, order and include an extra 10c for a lunch bag to be provided.

Please provide a 2nd bag for drink orders so we can separate the hot and cold food in the lunch crate.

Recess Items and Ice Blocks **CANNOT** be pre-ordered on lunch orders - students must purchase them over the counter at the canteen.



RECESS SNACKS

Available every day

| | |
|------------------------------------|------------|
| Fresh Fruit(Seasonal Availability) | 60c (E) |
| Pretzels | 90c (O) |
| Popcorn | 60c (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 (Term 2 & 3) | 60c (E) |
| (Warm pasta with tomato based sauce & cheese) | |

ICE COLD TREATS

(Lunch Time Only)

| | |
|---------------------------|-----------------------------|
| Frozen Orange Smiles | 5c (E) |
| Quelch Juice Ice Blocks | $\frac{1}{2} = 30c$ 60c (O) |
| Frozen Juice Cup | 80c (E) |
| Snap Stix 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 | \$1.70 (O) |
| Frozen Fruit Yoghurt | \$2.00 (O) |

LUNCH SPECIALS

ALL YEAR

Monday

Fresh fruit salad & Greek yoghurt plus Drink \$5.00 (E)



Wednesday

Chicken or Ham & Salad Wrap plus Drink \$6.80 (E)



Thursday

2 Rice Paper Rolls Plus Drink \$6.00 (E)
Please specify either Vegie, Tuna or Chicken roll and type of sauce - Soy or Sweet Chilli Plus Drink



Friday

Chicken Wedge Wrap plus Drink \$6.00 (O)
3 Hot chicken wedges with lettuce, tomato and sweet chilli sauce in a tortilla wrap plus Drink



WINTER

Terms 2 & 3 Only

Monday

Homemade Nachos plus Drink \$5.80 (O)



Wednesday

Hot Baked Potato with Bolognese and Cheese plus Drink \$5.80 (E)



Thursday

Hamburger plus Drink \$5.80 (E)
Fresh beef patty, lettuce, tomato, beetroot, sauce on toasted bun



Friday

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

