

# ST MARY'S CANTEEN MENU 2023

Full description, images and any alterations can be made in Qkr!

## SANDWICHES

White, Wholemeal or Multigrain Bread

Bread Roll or Wrap \$0.70

Toasted \$0.30

Vegemite, Honey or Jam .....	\$1.50 (O)
Cheese .....	\$2.00 (E)
Cheese & Tomato .....	\$2.30 (E)
Chicken .....	\$4.00 (E)
Chicken, Lettuce & Mayo .....	\$4.20 (E)
Ham .....	\$4.00 (E)
Ham & Cheese .....	\$4.50 (E)
Ham, Cheese & Pineapple .....	\$4.80 (E)
Tuna or Salmon .....	\$4.00 (E)
Tuna or Salmon + Lettuce & Mayo...	\$4.20 (E)
Salad .....	\$4.00 (E)



## HOT FOOD

Mini Pie .....	\$2.60 (O)
Large Pie .....	\$4.00 (O)
Chicken & Vegetable Pie .....	\$4.00 (O)
Sausage Roll .....	\$3.00 (O)
Corn on the Cob .....	\$1.00 (E)
Chicken Wedge .....	\$1.00 (O)
Chicken Burger from .....	\$3.70 (O)
Chicken Wedge Wrap from .....	\$5.00 (O)
Sweet Chilli Chicken Tender .....	\$1.80 (O)
Gluten Free Chicken Tender .....	\$1.80 (O)
Pizza Singles .....	\$3.20 (O)
Bolognese Twirls .....	\$3.80 (E)
Macaroni & Cheese .....	\$3.80 (E)
Fried Rice .....	\$3.80 (E)
Tomato Sauce .....	\$0.30 (O)
BBQ, Sweet & Sour, Sweet Chilli Sauce	\$0.40 (O)



## SALAD BOWLS

Fresh Fruit Salad .....	\$3.80 (E)
Salad .....	\$4.00 (E)
Salad & Ham .....	\$6.00 (E)
Salad & Diced Chicken .....	\$6.00 (E)



## RICE PAPER ROLLS

Vegetarian .....	\$2.40 (E)
Tuna or Diced Chicken .....	\$2.80 (E)

## DRINKS

Plain Milk .....	\$2.20 (E)
Flavoured Milk (Reduced Fat) .....	\$2.20 (E)
100% Juice .....	\$2.20 (O)
Water .....	\$1.80 (E)

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

Special meal deals and seasonal menu changes can be viewed in Qkr!

## RECESS SNACKS

Fresh Fruit .....	\$0.60 (E)
Pretzels .....	\$1.00 (O)
Popcorn .....	\$0.60 (E)
JJ Snacks .....	\$1.30 (O)
Red Rock Chips .....	\$1.30 (O)
Piranha Gluten Free Snacks .....	\$1.50 (O)

## RECESS SPECIALS

Freshly made Pizza Slice .....	\$0.50 (E)
Garlic Bread .....	\$0.40 (O)
Fresh Fruit Kebab .....	\$0.40 (E)
Jelly Cups .....	\$0.40 (O)

Options change daily

## ICE COLD TREATS

*Only sold at lunch time*

Frozen Orange Smiles .....	\$0.05 (E)
Quench Juice Ice Blocks.....	\$0.30 Half \$0.60 (O) Full
Snap Stix Sour Ice Blocks .....	\$0.50 Half \$1.00 (O) Full
Frozen Juice Cup .....	\$0.80 (E)
Juicies Fruit Ice Block .....	\$1.00(E)
Ice Cream Cup Low Fat .....	\$1.50 (O)
Lemonade Icy Pole .....	\$1.50 (O)
Billabong Ice Cream .....	\$2.00 (O)
Frozen Fruit Yoghurt .....	\$2.00 (O)

If you are giving your child money to buy a snack at recess or lunch, it is always a good idea to sit down with them and the canteen price list and go over what they can buy with their money. Knowing how to use their manners to independently ask for products and developing an awareness of money and what they can use it for are great skills your child will have the opportunity to develop in a friendly controlled environment. We also have images and prices of the snack items placed outside the canteen to assist the children. The Year 6 buddies will help Kinders for the first time of lining up at the canteen.