

# CANTEEN MENU - WINTER 2017

## LUNCH

### Salad      Sandwich      Roll

☺ Chicken, Ham, egg or Cheese and Salad      \$4.00      \$4.80  
(Carrot, lettuce, tomato and Cucumber)

#### *Extra*

Avocado      \$1.00  
Cheese      \$1.00  
Beetroot, sauce      \$0.35  
Tuna      \$2.00

#### Salad on the go

☺ \*V Pasta Salad 110g      \$2.00

Plain Vegemite sandwich      \$2.20

Plain Ham or cheese sandwich      \$2.20

Plain Ham and cheese sandwich      \$3.20

Plain curried egg sandwich      \$2.80

Plain tuna and mayo sandwich      \$4.20

### Toasted      Sandwich      Focaccia

☺ Chicken and Cheese      \$4.20      \$5.20

☺ Chicken and Mayo      \$4.20      \$5.20

☺ Ham and Cheese      \$4.20      \$5.20

☺ Chicken      \$4.20      \$5.20

☺ V Cheese      \$2.80      \$3.80

☺ Tuna and mayo      \$5.20      \$6.20

#### *Extra*

Avocado      \$1.00

Sauce or tomato      \$0.35

#### Weekday specials

☺ Monday: Sweet Chilli Chicken roll      \$4.00

☺ Tuesday: Hamburger      \$5.50

(Lettuce, tomato, carrot, tomato Sauce)

#### *Extra*

Caramelized onion or Beetroot      \$0.35

Cheese      \$1.00

☺ Wednesday: Wrap (Chicken or ham)      \$5.00

½ wrap      \$3.00

(Includes Lettuce, carrot and mayo)

☺ Thursday: Hot dog (tomato sauce)      \$3.80

☺ Friday: Ravioli Napolitana      \$3.80

### Salad Plates

☺ GF V Only Salad      \$3.00(S)      \$5.00(L)

(Include Lettuce, tomato, carrot, cucumber,

Beetroot, olives, gherkin, CORN and salad dressing)

#### *Extra*

Chicken, Ham, egg or Cheese      \$1.00

Avocado      \$1.00

Tuna      \$2.00

### Snacks

☺ American hot dog sausage GF      \$1.20

☺ Boiled free range egg      \$1.00

☺ Cheese and crackers      \$3.00

☺ Chicken nuggets (4) GF      \$2.00

☺ Corn on a Cob V GF      \$1.00

☺ Jelly cup      \$1.00

☺ Small muffin (choc or caramel)      \$1.00

☺ Broccoli salad only Friday's      \$2.80

**HOT MILO WILL BE SOLD BEFORE AND DURING RECESS FOR \$2.50 SMALL AND \$3.00 LARGE**

☺ - **Very healthy food choices:** These items should be encouraged in the selection of daily eating choices.

☺ - **Healthy food choice:** Select carefully. These are still healthy choice items but are not suggested as everyday Foods. Do not let these foods dominate your lunch orders.

\* - May contain traces of egg & or nut.

**GF - Gluten free. NEW!!**

**# - ALSO AVAILABLE IN GLUTEN FREE!!**

V Vegetarian

### Hot food

☺ V Vegetable lasagne      \$3.80

☺ #Meat Lasagne      \$3.80

☺ Spaghetti Bolognese      \$3.80

☺ V # Macaroni Cheese      \$3.80

☺ Satay Chicken with rice      \$3.80

☺ Meat lovers Pizza      \$3.50

☺ Round Pizza      \$3.20

☺ V Vegetable Pizza slab      \$3.50

☺ GF Mash with gravy, corn/peas and 4 chicken nuggets **COMBO 1**      \$5.50

☺ GF Chicken with gravy, corn, peas, and carrot **COMBO 2**      \$5.50

☺ V GF Fried Rice with vegetables and apple juice **COMBO 3**      \$5.50

☺ carrot /cucumber sticks, egg crackers and cheese with juice box **COMBO 4**      \$6.50

### Pies

☺ # Nachos GF      \$5.00

☺ \* Potato Pie      \$4.20

☺ #Mrs Macs Meat Pie      \$4.20

☺ \*V # Spinach Ricotta Roll      \$4.20

☺ #Sausage Roll      \$3.20

☺ \*Chicken and Mushroom      \$4.20

☺ \*Quiche (cheese and bacon)      \$4.20

☺ \* V GF Vegetable roll      \$4.20

Squeeze tomato sauce      \$0.35

### Drinks

☺ Milk Plain      \$1.00 (S)      \$2.00 (L)

Flavoured milk      ☺\$2.00 (S)      ☺\$3.50 (L)

☺ Orange Juice      \$2.00 (S)      \$3.50 (L)

☺ Ice Tea *only secondary kids*      \$3.50 (L)

☺ Nutriwater      \$3.50

☺ Apple juice      \$1.50 (S)      \$2.00 (L)

☺ Apple and blackcurrant juice      \$1.50 (S)      \$2.00 (L)

☺ LOL asst fruit juice      \$2.00

☺ Water      \$1.00 (350ml)      \$2.00 (600ml)

☺ Flavoured water *only secondary kids*      \$2.00

☺ Ice drink      \$3.50

☺ Up and Go      \$2.00

☺ Choc Yoghurt      \$2.00

☺ Light fruit Yoghurt      \$2.00

### SOUP MINISTRONE

☺ GF V Small (300ml)      \$3.00

☺ GF V Large (450ml)      \$4.00

GF macaroni, onion, carrot, celery, potato, cannelloni beans

☺ Roll      \$1.00

### Sushi

☺ Small (3)      \$3.50

☺ Large (5)      \$5.50

### Salad cup

☺ Salad cup (tomato, carrot and cucumber)      \$1.00

☺ carrot sticks      \$1.00

☺ Fruit cup (watermelon and kiwi)      \$1.00

☺ Apple or banana      \$1.00

**BIRTHDAY BOX BOY OR GIRL      \$7.00**