

# 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

(Beef patty, Lettuce, tomato, carrot, tomato Sauce)

#### Extra

Caramelized onion or Beetroot \$0.35

Cheese or extra beef patty \$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

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

**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 **\$4.00 GF**

☺ 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 **\$4.20 GF**

☺ # Sausage Roll \$3.20

☺ \* Chicken and Mushroom \$4.20

☺ \* Quiche (cheese and bacon) \$4.20

☺ \* V GF Vegetable roll \$4.20

☺ \* Cruiser steak/beef cheese \$3.50

### 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 \$2.50

☺ Milo Drink \$2.00

☺ Up and Go \$2.00

☺ Choc Yoghurt \$2.00

☺ Light fruit Yoghurt \$2.00

### SOUP Vegetable or Pumpkin

☺ GF V Small (300ml) \$3.00

☺ GF V Large (450ml) \$4.00

Vegetable soup: 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 (orange and kiwi) \$1.00

☺ Apple or banana \$1.00