

**- CANTEEN MENU -  
Tuesday – Friday  
2022 TERM 3**

Want to volunteer in the canteen? Let our Canteen Convenor Tam know. Contact via the office.

**DAILY OPTIONS**

Over the counter-These examples change daily and prices range from **20c to \$3.00**

Fresh Fruit	Quiches
Popcorn	Pasta Cups
Quesadillas	Noodle Cups
Dim Sims	Biscuits
Jelly Cups	Rice Paper Rolls
Cakes/Muffins	Scrolls
Frittata	Cheese Subs
Yoghurt	Triangle sandwich
Apple Slinky	Pineapple ring
Custard Cup	Corn on the Cob
Veggie Cup w/ Hommus	
Frozen Grapes/Oranges	
Garlic Bread with cheese	

**Snacks**

Jelly cup	<b>\$1.00</b>
Custard cup	<b>\$1.00</b>
<b><u>Sweet Box</u></b>	<b>\$3.00</b>
<i>Muffin – varies, 2 x bliss balls (dates, cocoa powder, desiccated coconut), popcorn</i>	
<b><u>Savoury Box</u></b>	<b>\$3.00</b>
Tasty Cheese, crackers, veggie sticks, popcorn	
Crackers and cheese	<b>\$1.00</b>
Muffin	<b>\$1.00</b>

**Sandwiches, Toasties**

**Choice of sauce (for sandwiches and wraps) - whole egg mayo, basil mayo, sweet chilli mayo**

**Sandwiches**

Wholemeal bread	<b>\$2.50</b>
Gluten free bread +	<b>\$1.00</b>
Ham / Chicken/ Tuna +	<b>\$1.00</b>
Lettuce, tomato, beetroot,	
Cucumber (each) +	<b>\$0.40</b>
Cheese +	<b>\$0.50</b>
Vegemite sandwich	<b>\$2.50</b>
Toasted +	<b>\$0.30</b>

**Toasties**

Any combination of: ham, tomato, cheese	<b>\$4.00</b>
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**Wraps**

<b>Includes</b> - lettuce, tomato, carrot, cucumber	<b>\$4.50</b>
<b>Add choice of protein</b> - ham, chicken, egg or tuna	<b>\$1.00</b>

**1/2 Wrap**

<b>Includes</b> - lettuce, tomato, carrot, cucumber	<b>\$3.00</b>
<b>Add choice of meat</b> - ham, chicken, egg or tuna	<b>\$1.00</b>

**Toasted Pockets**

<b>Ham and Cheese Pocket</b>	<b>\$4.00</b>
Includes- ham, cheese, wrap - toasted	
<b>Cheese Pocket</b>	<b>\$3.50</b>
Includes- cheese, wrap - toasted	

**Burgers**

**\$7.50**

Fish Burger \* Hamburger \*Chicken Burger \*Veggie Burger \*  
Served with cheese, tomato, beetroot, lettuce

**Choice of sauce** – Tartare, BBQ, tomato sauce, whole egg mayo, herb mayo, honey mustard dressing, peri peri, sweet chilli mayo

**Salad Box**

**\$5.00**

Includes- lettuce, carrot, tomato & cucumber.	
<b>Add</b> cheese	<b>\$0.50</b>
<b>Add</b> egg, ham or chicken	<b>\$1.00</b>

**Pesto Pasta**

**\$4.50**

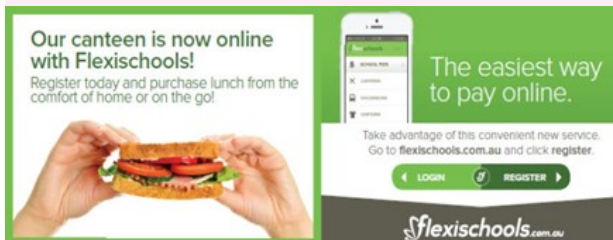
Includes – pasta, cherry tomato, pesto dressing and vegetables	
<b>Add</b> chicken	<b>\$1.00</b>

## Drinks

Milk Straws	\$1.50
Water	\$1.00
Flavoured Milk	\$3.00
Poppas (Tropical, Apple, Orange)	\$2.50
Plain Milk	\$3.00

## Frozen

Quelch Ice Block	\$1.00
Ice Monee	\$1.00
Slushie	\$2.00
Frozen Yoghurt	\$3.00



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## DAILY OPTIONS

(Available on **that day** only)

### **Tuesday**

Sushi - All	\$4.20
Tuna and avocado, salmon and avocado, chicken teriyaki and veggie	
All made with brown rice (includes soy sauce)	
Japanese Mayo	\$1.00
Fried Rice	\$6.00
Hot Dog	\$3.00
Hot Dog w/cheese	\$3.50

### **Wednesday**

Bacon and Egg Roll	\$5.00
Roast Beef and Gravy Roll	\$4.50
Roast Chicken and Gravy Roll	\$4.50

### **Thursday**

Macaroni Cheese	\$6.50
Lasagne	\$6.50
Chicken Tenders w/sauce (equivalent to 3 chicken nuggets)	\$4.00
Vegetarian Lasagne (GF)	\$6.50

### **Friday**

Beef Pie	\$6.00
Gluten Free Pie	\$6.00
Sausage Roll	\$4.50
Party Pie	\$1.00
Spinach and Ricotta Roll	\$4.50
Tomato sauce sachet	\$0.50
BBQ sauce sachet	\$0.50

## ORDER OPTIONS

Flexischools orders are preferred. Register your child online, click and order.

Lunch bag (please include)

- child's name
- class
- lunch order
- money enclosed



Bags can be purchased at canteen for 10c

Correct money is preferred.

Thank you for supporting our school P&C Canteen.