

# CANTEEN MENU



Term 3 2017

**OPEN Monday to Friday for lunch orders and over the counter sales at recess and lunch**

Orders should be written on a paper bag along with your child's name and class. If you do not have a bag please include an extra 10 cents. Please do not use staples or excessive amounts of tape to close the bag.

## Meals deals—available Monday to Friday

### Lunch Box

4 x Sandwich sushi (cheese or vegemite),  
Juice box, cheese stick, rice crackers  
and carrot sticks

\$5.50

### Dino pasta meal deal

Dinosaur shaped pasta in a beef bolognese  
sauce with cheese on top served with a  
small garlic bread and a juice box

\$7.00

Soup and Toasted sandwich  
Tomato soup in a cup served  
with a toasted cheese Sand-  
wich

### WEDNESDAYS ONLY

Steamed dim sims \$1.20 each  
Soy sauce sachet \$0.30

Margarita pizza and  
Oak milk  
\$5.00

### Hot Menu - Monday to Friday

|  |        |
|--|--------|
| Four n Twenty Slams—8 Beef bite size party pies          | \$3.00 |
| Beef Lasagne   | \$5.00 |
| Macaroni cheese  | \$5.00 |
| Chicken schnitzel<br>In a burger with tomato and lettuce | \$5.50 |
| Traveller Pie  | \$3.80 |
| Sausage Roll   | \$3.00 |
| Vegetable pastie roll                                    | \$4.00 |
| Cheese and spinach roll                                  | \$4.00 |
| Sauce  | \$0.30 |
| Margarita pizza  | \$3.00 |
| Small corn Cob—Hot with butter                           | \$1.20 |
| Toasted Sandwiches                                       |        |
| Cheese   | \$3.00 |
| Ham and cheese   | \$4.20 |
| Ham, cheese and tomato                                   | \$4.50 |
| Baked Beans  | \$3.50 |

### Sandwiches and Rolls Available every day

Please choose fillings which are individually priced

|  |        |
|--|--------|
| <b>Sandwich</b> with margarine<br>– white or wholemeal         | \$2.00 |
| <b>Bread Roll</b> with margarine<br>– white or light wholemeal | \$2.30 |
| <b>Wraps</b>   | \$3.00 |

### Fillings — add to base price

|  |                       |
|--|-----------------------|
| Vegemite   | \$0.10                |
| Cheese   | \$0.50                |
| Chicken  | \$1.60                |
| Ham  | \$1.60                |
| Tuna   | \$1.60                |
| Salad (all)<br>(lettuce, carrot, beetroot, tomato, cucumber) | \$1.80 or \$0.50 each |
| Egg  | \$1.00                |
| Mayonnaise   | \$0.30                |

## Cold Drinks

### Juice Boxes

Orange, Apple, Tropical  
or Apple & Blackcurrant \$2.00

**Bottled water**, 600ml \$2.50

### Oak – fresh milk

Chocolate, Strawberry and banana \$2.50  
Replaced with UHT milk when out of stock

### Quench Water

Apple Raspberry, Lemonade, Orange  
Blue Heaven \$2.50

**Milk** (with sippa straw) \$2.00

**Milo** - Hot or cold \$2.00

**Up & Go Liquid** - Breakfast Drink  
Chocolate or Banana \$2.50

## Fresh Snacks

**Carrot sticks** (per bag) \$1.00

**Cheese cubes** (per bag) \$1.00

**Bega Stinger**—cheese \$1.00

**Rice Crackers** \$0.50

**Rice Cakes** \$0.50

**Baked special** from \$1.50 per item

**Fresh fruit** (seasonal) \$1.50

**Yogurt tubs** \$2.00

**Small popcorn** \$0.50

Winter special—

Hot Milo with pancakes

\$2.50

Available at snack only

## Frozen Foods

### Scooby Doo Ice creams

Chocolate or caramel \$2.00

### Slushys

Different flavours depend on availability \$2.00

**Berri Juice Cups** orange or apple \$1.50

### Quelche Fruit Sticks

Variety of flavours \$0.80

**Frozen Oranges** (piece) \$0.10

**Bulla frozen yogurt cups** \$2.00

Raspberry or Mango

## Dry Snacks

### Red Rock Chips

Plain or Honey & Soy \$2.00

### Cobs Pop Corn

Salty sweet or cheese \$2.00

### Grain Waves

\$2.00

### Mamee Noodle Snacks

BBQ or Chicken \$1.00



The canteen relies on the assistance of volunteers to provide a healthy menu. If you can assist us with an hour here or there please come and see us and we will help get you started. A working with children check is required.