



CANTEEN OPEN DAYS: MONDAY, THURSDAY & FRIDAY



RECESS MENU

- Muffins (Term 2 onwards) 1.00
- ☺ Warm Milo2.00
- Toast (Plain, Vegemite).....0.50
- ☺ Sippy Straws with milk.....1.50
- Cheese on Toast.....0.80

LUNCH MENU

- PIZZA - Hawaiian or Margherita3.50
- ☺ ☺ Lasagne (97% fat free)4.00
- ☺ ☺ Macaroni Cheese 997% fat free).....4.00
- ☺ Bolognese Twist.....3.50
- ☺ Corn Cob (Without Butter) – Low Fat1.10
- Lite Party Pies1.10
- ☺ Lite Sausage Rolls3.00
- ☺ Lite Pies3.50
- Lite Vegetable Pasties3.50
- Pastizzi – Cheese1.10
- Steamed Dim Sim (Salt Reduced)1.10
- Hot Pup (1/2 Hot Dog) – Low Fat.....1.80
- Hot Dog3.60
- Tomato Sauce Sachets0.20
- ☺ ☺ Chicken Wedges (Baiada) with Salad Wrap4.00
- ☺ ☺ Chargrilled Chicken Brest Lettuce & Mayo4.00
- ☺ Cheese Burger with Cheese, Lettuce & Sauce.....4.50
- ☺ Grilled Burger with the lot – Lettuce, Cheese, Pineapple, beetroot, Tomato 7 Sauce4.50
- ☺ ☺ Chicken Burger with Lettuce, Tomato, Mayo (Baiada)4.00
- ☺ Chicken Breast Tender Wrap with Lettuce, Tomato and Mayo.....4.00

Symbols / Colours

- ☺ Green Foods that can be eaten every day
- Amber Foods to be eaten in moderation (recommended max: 2 days/week)
- ☺ Contains halal certified ingredient/s

SANDWICHES (EXTRA .50 FOR ROLLS OR WRAPS)

- ☺ Egg & Lettuce with Mayo 2.50
- ☺ Tuna, Tomato & Lettuce..... 2.50
- ☺ Salad (Lettuce, Tomato, Mayo, Cucumber, Carrot, Beetroot, Cheese) 3.50
- ☺ Salad with Roast Chicken, Tuna or Ham 4.00

SANDWICHES OR TOASTED

- ☺ Cheese 2.00
- ☺ Cheese & Tomato 2.50
- ☺ Cheese & Avocado 2.50
- ☺ Ham & Cheese 2.50
- ☺ Ham, Cheese & Tomato 3.00
- ☺ Ham, Avocado, Cheese and Tomato 3.50
- ☺ Diced Chicken, Avocado, Cheese & Mayo 3.50

DRINKS

- ☺ Summit Water – 600ml 1.50
- Just Juice: Apple, Orange, Apple/Blackcurrent 1.50
- ☺ Big M – Choc, Strawberry low fat milk)..... 2.00
- ☺ Up & Go 2.00

Please Note:

If no bag is supplied there will be an extra charge of 20 cents. All orders need to be have child's name and grade clearly written on top of order

FRESH FRUIT SLICES AVAILABLE (Watermelon & Rockmelon Slices) TERM 4 & TERM 1 ONLY

MONDAY ONLY	Small	Large
Fried Rice Vegetarian	2.50	3.50
Fried Rice with Chicken	3.00	4.00

ORDER THURSDAY FOR FRIDAY LUNCH

- SUSHI ROLLS.....2.50
- ☺ Californian ☺ Chicken & Avocado
- ☺ Chicken Teriyaki ☺ Tuna
- ☺ Vegetarian

SNACKS

- JJ & Plain Pop Corn1.50
- Red Rock Chips1.50

ICE CREAMS

- Quelch Juice Sticks70
- Streets Frozen yoghurt.....1.50
- Ice-creams ranging from: 1.30 to 2.00
- Slushie – (small)1.50
- 'Delites' & Cornitos1.00
- Noodle Snacks1.00

