



Canteen Manager: Kerri Farley
Phone: 62057876

Sandwiches and Rolls

Sandwiches	start from	\$2.20
Gluten Free	" "	\$2.80
Rolls	" "	\$2.80

Add your choice of filling and its cost to the price above to create your own sandwich/roll



Spreads no extra
Jam, Honey, Vegemite or Mayonnaise

Standard Fillings Add 70 cents per filling
to your choice of sandwich or roll

Egg	Cheese	Chicken
Ham	Lettuce	Carrot
Tomato	Cucumber	Beetroot
Pineapple	Avocado	

Tuna Add \$1.50 to your choice of sandwich or roll

Salad Add \$2.00 to your choice of sandwich or roll (lettuce, tomato, carrot and cucumber)

Toasting extra \$0.60

Bread Options

White / Wholemeal / Gluten Free

Roll Options

White / Wholemeal



Soup

Soup	\$ N/A
With Bread	\$ N/A
With Roll	\$ N/A

Varieties as per Fraser Focus Term 2 and 3 only

Spring/Summer Menu **Effective 9/10/2017**

Salads

Garden Salad \$4.20
(lettuce, carrot, cucumber & tomato)

With Chicken, Ham or Cheese \$4.90

Extras \$0.70

Chicken Caesar Salad \$4.80
(chicken, lettuce, diced ham, croutons, caesar dressing and egg)

Chef Salad \$5.00
(egg, tomato, carrot, cucumber, cheese, lettuce with chicken or ham)

Wraps

Salad \$3.80
(lettuce, carrot, cucumber & tomato)

With Chicken, Ham or Cheese \$4.50

Gourmet Wraps

Chicken Caesar \$5.00
(chicken, diced ham, croutons, egg and caesar dressing)

Toasted Wraps

Chicken, Cheese and Mayonnaise \$4.60

Ham, Cheese and Pineapple \$4.60

Tuna and Cheese \$5.30

Ham, Cheese and Baby Spinach \$4.60



Fruit

Fruit Salad	\$2.30
Fruit Tub	\$2.30
(watermelon or rockmelon or honeydew or pineapple)	
Apple or Pear (each)	\$1.50
Apple Slinky	\$1.70
Fruit cut or slinkied	\$0.20
Grapes (in season only)	\$2.30



Hot Food

Lasagne	\$4.60
Vegetarian Fried Rice	\$4.60
Macaroni Cheese	\$4.60
Pizza- Ham & Pineapple	\$3.70
Chicken Nuggets each	\$0.80
Chicken Burger	\$4.40
(includes lettuce & mayo)	
Fish Burger	\$4.40
(includes lettuce & mayo)	
Cheese Burger	\$4.40
(includes cheese & sauce)	
Sweet Chilli Chicken Tender Burger	\$4.40
(Includes lettuce & mayo)	
Pie	\$4.40
Gluten Free Pie	\$5.50
Sausage Roll	\$3.40
Chicken Goujons each	\$0.70
Potato Gems each	\$0.20
Potato	
With cheese, yoghurt and bolognaise sauce	\$4.50
With cheese, yoghurt and diced ham	\$4.50

Ice Creams



Finding Dory Ice Cream	\$2.50
Paddle Pop	\$1.80
(chocolate, rainbow and banana)	
Bulla Lite Vanilla Cup	\$1.50
Twisted Frozen Yoghurt	\$2.60
(strawberry and vanilla bean, chocolate and vanilla bean or watermelon and mango)	
Quelch Fruit Tube	\$0.90

..... Green	Healthier Options
..... Amber	Select Carefully
..... Red	Not Recommended

Drinks



Plain Milk	\$1.60
Sipahh Straws (only sold with plain milk)	\$0.90
Flavoured Milk	\$2.50
(chocolate or strawberry)	
Juice 200ml	\$1.60
(apple, apple/blackcurrant, orange or paradise punch)	
Water 600ml	\$1.80
Slushy	\$2.50

Snacks

C cup	\$2.30
(carrot, cucumber, cheese & a cherry tomato)	
C Cup with ham pieces	\$2.30
Cheesy Garlic Bread (recess only)	\$1.00
Milo Slice	\$1.00
Pizza Breads (recess only)	\$0.80
Anzac Biscuits	\$1.00
Cheese (1) & Biscuits (3)	\$1.20
(rice crackers or jatz light available)	
Chicken Rice Wheels	\$1.20
Assorted Muffins	\$0.80
Popcorn	\$1.20



Treats

Date Bites each	\$0.10
Dried Apricot each	\$0.20
Mini Gingerbread Man each	\$0.20

Healthy Bones Lunch Pack

1 single filling sandwich of choice	
1 cheese and biscuits (rice crackers or jatz light)	
1 Frozen Yoghurt (chocolate or strawberry)	
1 plain milk or water	\$8.00

Go for Green Lunch Pack

1 salad sandwich	
1 fruit tub of your choice	
1 plain milk or water	\$7.50

Additional Information

Sauce	\$0.30
Lunch Bags	\$0.05
Forks / Spoons / Knives (except items marked *)	\$0.05