



Canteen Manager: Kerri Farley
 Phone: 61420529

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	\$ 3.90
With Bread	\$ 4.50
With Roll	\$ 5.10

Varieties as per Fraser Focus Term 2 and 3 only

Winter Menu
Effective 30/4/2018

Salads

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

With **Chicken**, **Ham** or **Cheese** \$4.90

Extras \$0.70

Chicken Caesar Salad \$5.80
 (chicken, lettuce, diced ham, croutons, caesar dressing and egg)

Chef Salad \$5.50
 (egg, tomato, carrot, cucumber, cheese, lettuce with **chicken** or **ham**)

Wraps

Salad \$4.00
 (lettuce, carrot, cucumber & tomato)

With **Chicken**, **Ham** or **Cheese** \$4.70

Gourmet Wraps

Chicken Caesar \$5.20
 (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	\$2.50
Fruit Tub	\$2.50
(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)	\$N/A



Hot Food

Lasagne	\$4.60
Vegetarian Fried Rice	\$4.80
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	\$4.50
Gluten Free Pie	\$5.80
Sausage Roll	\$3.40
Chicken Goujons each	\$0.70
Potato Gems each	\$0.20
Potato -cheese, yoghurt and bolognaise sauce	\$5.40
- cheese, yoghurt and diced ham	\$5.40
- cheese & yoghurt	\$5.40

Ice Creams



Paddle Pop	\$1.80
(chocolate, rainbow and banana)	
Bulla Lite Vanilla Cup	\$1.70
Twisted Frozen Yoghurt	\$2.60
(strawberry and vanilla bean, chocolate and vanilla bean, raspberry & coconut or watermelon and mango)	
Quelch Fruit Tube	\$0.90

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

Drinks

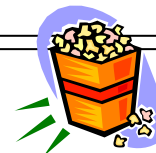


Plain Milk	\$1.60
Sipahh Straws (only sold with plain milk)	\$0.90
Flavoured Milk	\$2.50
(chocolate or strawberry)	
Juice 200ml	\$1.60
(apple, apple/blackcurrant, orange or paradise punch)	
Water 600ml	\$1.80
Slushy	\$2.50

Snacks

C cup	\$2.40
(carrot, cucumber, cheese & a cherry tomato)	
Cheesy Garlic Bread (recess only)	\$1.20
Pizza Breads (recess only)	\$1.00
Milo Slice	\$1.00
Anzac Biscuits	\$1.00
Cheese (1) & Biscuits (3)	\$1.20
(rice crackers or jatz light available)	
Chicken Rice Wheels	\$1.20
Assorted Muffins	\$0.90
Popcorn	\$1.20

Treats



Date Bites each	\$0.10
Dried Apricot each	\$0.20
Mini Gingerbread Man each	\$0.20
Dates each	\$0.05

Healthy Bones Lunch Pack

1 single filling sandwich of choice	
1 cheese and biscuits (rice crackers or jatz light)	
1 frozen yoghurt	
1 plain milk or water	\$8.00

Go for Green Lunch Pack

1 salad sandwich	
1 popcorn	
1 plain milk or water	\$6.70

Additional Information

Sauce	\$0.30
Lunch Bags	\$0.05
Forks / Spoons / Knives	\$0.05