



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

Varieties as per Fraser Focus Term 2 and 3 only

Summer Menu **Effective 4/2/2019**

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)	\$2.30



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, choc mint and banana)	
Bulla Lite Vanilla Cup	\$1.70
Twisted Frozen Yoghurt	\$2.60
(strawberry and vanilla bean, chocolate and vanilla bean, blueberry and cookie dough 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 & cherry tomatoes)	
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

Lucky Lunch Box

4 Nuggets and 4 Potato Gems	
1 Milo Slice	
1 Juice Box or Water	\$6.30

Additional Information

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