



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 5/2/2018**

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

<b>Fruit Salad</b>	\$2.50
<b>Fruit Tub</b>	\$2.50
(watermelon or rockmelon or honeydew or pineapple)	
<b>Apple or Pear</b> (each)	\$1.50
<b>Apple Slinky</b>	\$1.70
<b>Fruit cut or slinkied</b>	\$0.20
<b>Grapes</b> (in season only)	\$2.30



## Hot Food

<b>Lasagne</b>	\$4.60
<b>Vegetarian Fried Rice</b>	\$4.80
<b>Macaroni Cheese</b>	\$4.60
<b>Pizza- Ham &amp; Pineapple</b>	\$3.70
<b>Chicken Nuggets</b> each	\$0.80
<b>Chicken Burger</b>	\$4.40
(includes lettuce & mayo)	
<b>Fish Burger</b>	\$4.40
(includes lettuce & mayo)	
<b>Cheese Burger</b>	\$4.40
(includes cheese & sauce)	
<b>Sweet Chilli Chicken Tender Burger</b>	\$4.40
(Includes lettuce & mayo)	
<b>Pie</b>	\$4.50
<b>Gluten Free Pie</b>	\$5.80
<b>Sausage Roll</b>	\$3.40
<b>Chicken Goujons</b> each	\$0.70
<b>Potato Gems</b> each	\$0.20
<b>Potato -cheese, yoghurt and bolognaise sauce</b>	\$5.40
- cheese, yoghurt and diced ham	\$5.40
- cheese & yoghurt	\$5.40

## Ice Creams



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

<b>.....</b> Green	Healthier Options
<b>.....</b> Amber	Select Carefully
<b>.....</b> Red	Not Recommended

## Drinks

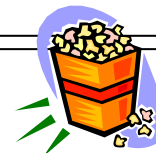


<b>Plain Milk</b>	\$1.60
<b>Sipahh Straws</b> (only sold with plain milk )	\$0.90
<b>Flavoured Milk</b>	\$2.50
(chocolate or strawberry)	
<b>Juice 200ml</b>	\$1.60
(apple, apple/blackcurrant, orange or paradise punch)	
<b>Water</b> 600ml	\$1.80
<b>Slushy</b>	\$2.50

## Snacks

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

## Treats



<b>Date Bites</b> each	\$0.10
<b>Dried Apricot</b> each	\$0.20
<b>Mini Gingerbread Man</b> each	\$0.20
<b>Dates</b> 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

<b>Sauce</b>	\$0.30
Lunch Bags	\$0.05
Forks / Spoons / Knives	\$0.05