



# Summer Menu

Effective 30/01/2023

Canteen Manager: Kerri Farley

Phone: 61420529



## Sandwiches and Rolls

Sandwiches	start from	\$2.40
Gluten Free	" "	\$3.20
Rolls	" "	\$3.00

### Bread Options

White / Wholemeal / Gluten Free

### Roll Options

White / Wholemeal



Toasting extra \$0.60

## Fillings

Please add amount for each selected filling to sandwich, roll, wrap or salad start price.

Spreads no charge

Jam, Honey, Vegemite or Mayonnaise

Add \$1.40 per filling for

Chicken Ham Avocado  
Egg

Add 90 cents per filling for

Cheese Baby Spinach Carrot  
Tomato Lettuce Cucumber  
Beetroot Pineapple

Add \$2.50 for

Tuna

Add \$3.00 for

Salad (lettuce, tomato, carrot and cucumber)

## Salads

Garden Salad starts from \$4.70  
(included in price are lettuce, carrot, cucumber & tomato)

For extras please select from sandwich filling list and add cost to start price.

Chef's Salad \$7.50  
(egg, tomato, carrot, cucumber, cheese, lettuce with chicken, ham or tuna. Tuna add \$1.10)

Chicken Caesar Salad \$7.50  
(chicken, lettuce, diced ham, egg, croutons and caesar dressing)

## Wraps

Salad Wrap starts from \$5.00  
(included in price are lettuce, carrot, cucumber & tomato)

For extras please select from sandwich fillings list and add cost to start price.

Chicken Caesar Wrap \$6.80  
(chicken, lettuce, diced ham, egg, croutons and caesar dressing)

## Toasted Wraps

Chicken and Cheese \$4.80  
Ham and Cheese \$4.80  
Tuna and Cheese \$6.10  
Tomato and Cheese \$4.00

Add 90 cents per filling for

Pineapple Baby Spinach Carrot  
Tomato

Add \$1.40 for

Avocado

Mayonnaise - no charge





## Fruit

<b>Fruit Salad</b>	\$3.20
<b>Fruit Tub</b>	\$3.20
(watermelon or rockmelon or honeydew or pineapple)	
<b>Apple each</b>	\$1.50
<b>Apple Slinky</b>	\$1.70
<b>Fruit cut or slinkied</b>	\$0.20
<b>Grapes</b> (in season only)	\$3.00

## Hot Food

<b>Lasagne</b>	\$6.20
<b>Vegetarian Fried Rice</b>	\$6.20
<b>Macaroni Cheese</b>	\$6.20
<b>Pizza Rounda</b>	\$5.50
<b>Chicken Nuggets each</b>	\$0.90
<b>Chicken Dinosaurs each</b>	\$0.90
<b>Chicken Burger</b>	\$5.90
(includes lettuce & mayo)	
<b>Fish Burger</b>	\$5.00
(includes lettuce & mayo)	
<b>Cheese Burger</b>	\$5.90
(includes cheese & sauce)	
<b>Sweet Chilli Chicken Burger</b>	\$5.90
(Includes lettuce & mayo)	
<b>Pie</b>	\$6.00
<b>Sausage Roll</b>	\$4.50
<b>Chicken Goujons each</b>	\$0.90
<b>Potato Gems each</b>	\$0.25
<b>Potato</b> -cheese, yoghurt and bolognaise sauce	\$7.00
- cheese, yoghurt and diced ham	\$7.00
- cheese & yoghurt	\$6.50



## Ice Creams

<b>Paddle Pop</b>	\$2.40
(chocolate, rainbow, or banana)	
<b>Bulla Lite Vanilla Cup</b>	\$2.60
<b>Twisted Frozen Yoghurt</b>	\$3.20
(strawberry & vanilla bean, chocolate & vanilla bean or watermelon & mango)	
<b>Quelch Fruit Tube</b>	\$1.20

## Drinks



<b>Plain Milk</b>	\$2.20
<b>Sipahh Straws</b> (sold with plain milk - limit 1 only)	\$1.10
<b>Flavoured Milk</b>	\$3.20
(chocolate or strawberry)	
<b>Juice Box 200ml</b>	\$1.90
(apple & blackcurrant, apple, paradise punch or orange)	
<b>Water</b> 600ml	\$2.20
<b>Slushy</b>	\$3.00

## Snacks

<b>C cup</b>	\$3.20
(carrot, cucumber, cheese & cherry tomatoes)	
<b>Milo Slice</b>	\$1.00
<b>Anzac Biscuit</b>	\$1.00
<b>Gingerbread Flower</b>	\$1.00
<b>Cheese &amp; Crackers (3)</b>	\$1.60
(rice crackers or water crackers available)	
<b>Chicken Rice Wheels</b>	\$2.20
<b>Muffin</b>	\$1.50
<b>Popcorn</b>	\$1.20
<b>Mini Pretzels</b>	\$1.80



## Treats

<b>Date Bites each</b>	\$0.15
<b>Dried Apricot each</b>	\$0.30
<b>Dates each</b>	\$0.10

## Healthy Bones Lunch Pack

1 single filling sandwich of choice	
1 cheese and crackers (rice or water crackers)	
1 frozen berries and vanilla yoghurt or vanilla yoghurt or frozen yoghurt	
1 plain milk or water	\$9.50

## Lucky Lunch Box

4 Nuggets and 4 Potato Gems	
1 Milo Slice	
1 Juice Box or Water	\$7.00

### Additional Information

<b>Sauce</b> (Tomato or BBQ)	\$0.40
<b>Lunch Bags</b>	\$0.05
<b>Forks / Spoons / Knives</b>	\$0.10

<span style="background-color: green; color: black;">.....</span>	Green	Healthier Options
<span style="background-color: yellow; color: black;">.....</span>	Amber	Select Carefully