

CANTEEN MENU 2017

SANDWICHES

(WHOLEMEAL OR WHITE-WHOLEMEAL)

* Vegemite	\$2.00
* Jam	\$2.00
* Cheese	\$3.00
* Egg	\$3.00
* Ham	\$3.50
* Chicken	\$3.50
* Tuna	\$3.50
* Salad	\$4.00

BUILD YOUR OWN WRAP

(WHOLEMEAL OR WHITE-WHOLEMEAL)

Wrap	\$1.50
Vegemite	\$0.50
Jam	\$0.50
Ham	\$2.00
Chicken	\$2.00
Tuna	\$2.00
Salad Only Wrap	\$2.50

Extras to ADD to the above:

* Tomato	50c
* Lettuce	50c
* Cheese	50c
* Mayo	50c
* Salad	\$1.50

SALAD BOX

Add extras:

* Ham	\$1.00
* Chicken	\$1.00
* Egg	\$1.00
* Tuna	\$1.00

YOGHURT

* with fruit &/or muesli	\$3.00
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DRINKS

* Small Water	\$1.50
* Large Water	\$2.50
* Oak light flavoured milk 300ml	
* Chocolate	\$2.50
* Strawberry	\$2.50
* Banana	\$2.50
* Oak UHT Iced Coffee 250ml	\$2.50
* Moove Milk 300ml	
* Chocolate	\$2.00
* Strawberry	\$2.00
* Up & Go	
* Chocolate	\$2.00
* Vanilla	\$2.00
* Quench (Mineral Water)	\$1.50
(Lemon/lime, Orange, Blue, Cola, Lemonade, Raspberry)	
* Just Juice 200ml	\$1.00
(Apple, Orange, Orange-Mango, Paradise Punch, Apple-Blackcurrant)	

TREATS

* Red Rock Deli Chips 28g	\$1.00
(Sea-salt, Honey Soy)	
* Smith's Salt & Vinegar Chips 27g	\$1.00
* Plain	\$2.50
* Snaps	\$1.00
(BBQ, Salsa)	
* JJ's Snacks 20g	\$1.00
(Chicken, Pizza, Salt & Vinegar)	
* Chunky mini cookies 25g	50c

FRESH SEASONAL FRUIT

* Apple	50c
* Orange	50c
* Banana	50c

A variety of freshly made *HEALTHY SNACKS* will be made daily and be available at recess and lunch.

NB: All prices subject to change

Lunch Items



* Hamburger (Meat Pattie, sauce, tomato, lettuce, beetroot)	\$5.00
* Chicken Burger (Chicken Pattie, mayo, tomato, lettuce)	\$5.00
* Vegetarian Burger (Vege Pattie, mayo, tomato, lettuce)	\$5.00
* Sausage Roll with salad	\$3.00
* Variety Sandwich or Roll-up Plate	\$6.00
* On-the-Go Salad Bowl	\$4.00
* Pasta (Allied Chef)	\$3.00
* Lasagne	
* Macaroni & Cheese	
* Twista Pasta	
* Spaghetti	
* Chicken Nugget Slider (Dinner Roll, Chicken Nugget, salad, mayo)	\$2.00
* Garlic Bread	\$1.50
* Mini Pizza (Muffin half with pizza toppings)	\$1.50
<u>WEDNESDAY SPECIAL</u> ----- Big Crunch Sushi (Rolls, Medium or Large Munch Box)	
* Big Crunch Sushi Rolls – Tuna, Chicken Schnitzel or Vegetarian	\$4.50
* Medium Munch Box – Tuna, Avocado, Cucumber, Salmon, Chicken Schnitzel, Combo: Teriyaki Chicken & Tuna	\$5.50
* Large Munch Box – Salmon, Tuna, Avocado, Chicken Schnitzel	\$8.00

MEAL DEALS

Deal No 1 : \$6.00

- 1 x Pasta
- + 1 x Garlic Bread
- + 1 x Small Water
- + 1 x Piece of fruit

Deal No 2 : \$6.00

- 1 x Ham, Cheese, Tomato Sandwich
- + 1 x Small Water
- + 1 x Piece of fruit