



# Canteen Menu

open Wednesday, Thursday and Friday.



## Recess Snacks

● Fruit Muffin <b>V CM</b>	\$2.00
● Mini Fruit Muffin <b>V CM</b>	\$0.70
● Woolworths brand Anzac Biscuit <b>V</b>	\$0.70
● Cheese and Vegemite Scroll <b>CM</b>	\$2.00
● Apple Cinnamon and Sultana Scroll <b>CM</b>	\$2.00
● Strawberry Yoghurt with Crunchy Oats <b>V CM</b>	\$2.00
● Hot Milo <b>V CM</b>	\$1.20
● Cheesie (Toasted Cheese on ½ roll) <b>V CM</b>	\$2.00
● Pizza (Ham, Cheese & tomato sauce on ½ roll) <b>CM</b>	\$2.00
● Popcorn <b>GF V CM</b>	\$0.50
● Sanitarium Up'n'Go <b>V</b>	\$2.00
● Single serve fruit bowl (Peach) <b>GF V</b>	\$1.50
● Apple (whole) <b>GF V</b>	\$1.20

## Sandwiches (Wholemeal Bread) **CM (GF optional)**

● Vegemite sandwich	\$2.50
● Chicken sandwich	\$3.50
● Ham sandwich	\$3.50
● Tuna sandwich	\$3.50
● Cheese sandwich	\$3.50
● Egg sandwich	\$3.50
● Salad sandwich	\$3.50
Extra fillings available	each
Mayonnaise	+\$0.30
Tomato, lettuce, cucumber, carrot, cheese	+\$0.50
Salad	+\$1.00
Choose a roll, wrap, <b>GF bread</b> or toasted	+\$0.50
● Toasted Cheese and Vegemite	\$4.00
● Toasted Baked Beans Jaffle	\$4.00
● Toasted Spaghetti Jaffle	\$4.00

## Salad Options **CM**

● Salad Tray (Lettuce, carrot, tomato, cucumber, ½egg)	\$4.00
– with ham, chicken or tuna <b>GF</b>	\$5.50
– with 4 nuggets	\$5.00
● Rice Paper Rolls <b>GF</b>	\$5.00
● Salad Bag	\$1.50

## Drinks **GF V**

● Juice Box (Orange, Apple, Apple & Blackcurrant, Tropical)	\$1.50
● Frozen Juice Box (lunch only until 1pm)	\$2.00
● Plain Milk 225mL	\$1.50
● Choc Milk 300mL	\$2.00
● Frozen Choc Milk (lunch only until 1pm)	\$2.50

● Foods and drinks classified as Green are the healthiest choices. They are excellent sources of important nutrients needed for health and wellbeing, and low in saturated fat, added sugar and salt, and are lower in energy density. Can be eaten every day or at every meal.

● Foods and drinks classified as Amber are mainly processed foods. They have some nutritional value but contain moderate levels of saturated fat, added sugar and/or salt and can, in large serve sizes, contribute to excess energy intake. Should be carefully selected and eaten in moderation.

## Hot Food

● 4 x Nuggets & Salad Bag	\$4.00
● 5 x Nuggets & Salad Bag	\$4.50
● 6 x Nuggets & Salad Bag	\$5.00
● Hot Chicken and Mayo Roll	\$5.00
● Spaghetti Bolognese <b>CM</b>	\$4.00
● Mac'n'Cheese <b>V</b>	\$4.00
● Butter Chicken and Rice <b>CM GF</b>	\$4.00
● Chicken Teriyaki & Rice <b>CM GF</b>	\$4.00
● Fried Rice <b>GF</b>	\$4.00
● Quiche - Lorraine or Spinach & Feta <b>V</b>	\$4.00
Plus Salad bag	+\$1.50
Tomato, BBQ, Mayonnaise or Chili Sauce	\$0.30

## Daily Specials

Wednesday	● Hot Dog	\$4.00
Wednesday	● Cheeseburger	\$5.50
Wednesday	● Hamburger	\$5.00
Thursday	● Nachos <b>GF</b>	\$4.50
Thursday	● Pizza (Bacon Blitz, Hawaiian, Vegetarian)	\$4.00
Friday	● Spinach & Ricotta Roll <b>V</b>	\$4.00
Friday	● Party Pie	\$1.50
Friday	● Pie (Meat or Potato)	\$4.00
Friday	● Pastie	\$4.00
Friday	● Sausage Roll	\$3.50

## Frozen Treats (from 12.50pm)

● ½ Quelch Fruit Stick <b>GF</b>	\$0.40
● Quelch Fruit Stick <b>GF</b>	\$0.80
● Bulla Lite Bucket <b>GF</b>	\$2.00
● Moosies	\$2.00
● Fro Yo	\$2.20

## Gluten Free

### Recess Snacks

● Popcorn <b>GF V CM</b>	\$0.50
● Single serve fruit bowl (Peach) <b>GF V</b>	\$1.50
● Cheesie (Please order by 9am) <b>GF</b>	\$2.00
● Yogurt Cup (No Oats) <b>GF</b>	\$2.00

### Lunchtime

● 4 x Nuggets & Salad Bag <b>GF</b>	\$4.00
● 5 x Nuggets & Salad Bag <b>GF</b>	\$4.50
● 6 x Nuggets & Salad Bag <b>GF</b>	\$5.00
● Rice Paper Rolls <b>GF</b>	\$5.00
● Butter Chicken and Rice <b>GF CM</b>	\$4.00
● Fried Rice <b>GF</b>	\$4.00
● Chicken Teriyaki & Rice <b>CM GF</b>	\$4.00
● Nachos <b>GF</b> (Thursday only)	\$4.50
● Mac and Cheese <b>GF</b>	\$5.00

### Frozen Treats

● ½ Quelch Fruit Stick <b>GF</b>	\$0.40
● Quelch Fruit Stick <b>GF</b>	\$0.80
● Bulla Lite Bucket <b>GF</b>	\$2.00
● Fro Yo (Selected Flavours) <b>GF</b>	\$2.20

**CM** Canteen Made

**GF** Gluten Free

**V** Vegetarian