

Deanmore Primary School P&C Canteen Menu

Wednesday specials

CHICKEN WRAP

Chicken sweet chilli strips with a flour tortilla
carrot, mayo and lettuce \$5.00 **CM**

HOT DOG

with Tomato, BBQ or Mustard Sauce \$4.50

Thursday specials

PIZZA

Bacon Blitz, Hawaiian or Vegetarian **V**
GF Margaretha **V** Ham or Hawaiian \$4.50

SUSHI 1/2 roll

Tuna, Chicken or Vegetarian **CM**
(pre-order Wednesdays) \$5.00

Friday specials

PIES, PASTIES or SAUSAGE ROLLS

Choice of Meat or Potato Pie, Pastie,
Spinach & Ricotta Roll **V** or Sausage Roll \$4.00

Party Pies \$1.50 Each

HEALTHY SANDWICHES

on Wholemeal Bread **CM**

Vegemite

Choice of: Chicken, Ham, Tuna, Cheese,

Egg or Salad

Add: Tomato, Lettuce, Carrot, Cucumber

Salad (the lot)

Mayo

Have a Wrap, Roll, GF Bread, Toasted

Jaffle

(Baked Bean, Spaghetti or Cheese & Vegemite)

Salad Tray

Salad bag

Rice Paper Rolls **GF CM**

\$2.50

\$3.50

+\$0.50

+\$1.00

+\$0.30

+\$0.50

\$4.00

\$4.00

\$1.50

\$5.00

HOT FOOD

Nuggets & Salad Bag

Hot Chicken Mayo Roll

Pasta with Bolognese **CM**

Mac'n'Cheese **V CM**

Chicken Teriyaki & Rice **CM GF**

Fried Rice **GF V CM**

Quiche Lorraine or Spinach & Feta **V**

add Salad Bag

Sauce: Tomato, BBQ, Chilli

x4 \$4.00

x5 \$4.50

x6 \$5.00

\$5.00

\$4.50

\$4.50

\$4.50

\$4.50

+\$1.50

+\$0.30

GLUTEN FREE

RECESS

Popcorn **CM GF**

Peach Bowl **GF**

Cheesie or Pizza **CM GF**

(order before 9.00am)

Yoghurt Cup **GF**

LUNCH

Nuggets & Salad Bag **GF**

Rice Paper Rolls **CM GF**

Fried Rice **CM GF**

Chicken Teriyaki **CM GF**

Pasta Bolognese **CM GF**

Hot Chicken Roll **CM GF**

\$0.50

\$1.50

\$2.00

\$2.00

x4 \$4.00

x5 \$4.50

x6 \$5.00

\$5.00

\$4.50

\$4.50

\$5.00

Our Canteen supports the Department of Education's
Healthy Food and Drink (HFD) policy; to support student
health by providing access to healthy foods and drinks
to make the healthy choice, the easy choice.

Our aim is to use fresh ingredients where possible
and local suppliers. Please support your P&C and have
a day off from making lunches and treat your kids!
Also any parent who volunteers in the canteen their
child receives a free icypole or icecream!

RECESS SNACKS

Crunch & Sip salad bag

Anzac Biscuit **V CM**

Hot Milo

Pear & Double Chocolate Muffin **CM**

Strawberry Yoghurt With crunchy oats **V CM**

Cheesie **V CM** (toasted cheese ½ Roll)

Pizza **CM**

(Ham, Cheese Tomato sauce ½ Roll)

Popcorn **V CM GF**

Sanitarium Up'n'go

Apple (Granny Smith)

Drinks

Juice Box

Apple, Orange, Tropical or Apple & Blackcurrant

Choc Milk 300ml

Frozen

Plain Milk 225ml

Bottle of water 600ml

Frozen Treats

1/2 Quelch Stick **GF**

Whole Quelch Stick **GF**

Bulla Lite Bucket **GF**

Moosie

Fro Yo (**GF** & Lactose free available)

\$1.50

\$0.80

\$1.20

\$2.00

\$2.00

\$2.00

\$2.00

\$0.50

\$2.00

\$1.20

\$1.50

\$2.00

+\$0.50

\$1.50

\$1.00

\$0.50

\$1.00

\$2.00

\$2.00

\$2.20

CM Canteen Made **GF** Gluten Free **V** Vegetarian

Online order quickcliq.com.au

Over the Counter Cash or Card

 Instagram [@deanmore.canteen](https://www.instagram.com/deanmore.canteen)