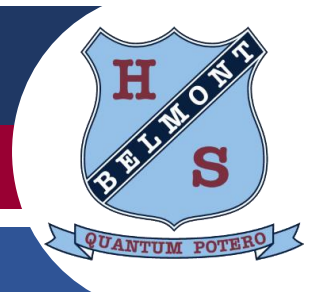


CANTEEN MENU

Term 1, 2023



PRE-ORDERING BEFORE 9AM IS HIGHLY RECOMMENDED

HOT FOOD

* Lean Meat Pie	\$3.50	* Noodle Cup (1 flavour per day)	\$2.50
* Lean Sausage Roll	\$3.00	* Chicken Burger	\$5.00
* Vegemite Scroll	\$2.50	(Lettuce, Mayo, 100% Breast Fillet)	
* Ham and Cheese Roll	\$2.50	* Sweet Chilli Burger	\$5.00
* Spinach and Ricotta Roll	\$3.00	(Chilli tenders, Lettuce, Mayo)	
* Spring Rolls (4)	\$2.50	* Other burgers	
* Chicken Fingers (5)	\$3.00	(one of the following available each week)	
* Nachos (Mon and Wed)	\$5.50	○ Chicken BLT	\$6.00
* Vege Nachos	\$5.50	○ Chicken Parma	\$6.00
		○ Hamburger	\$5.50
		○ Chargrilled Chicken (CC)	\$5.50

DAILY SANDWICHES

* Salad	\$4.00	* Egg and Lettuce	\$3.50
* Ham, Cheese, Tomato	\$3.50	* Chicken, Lettuce, Mayo	\$3.50

PRE-ORDER SANDWICHES

* Cheese and Tomato	\$3.00	* Chicken and Cheese	\$3.50
* Ham and Tomato	\$3.50	* Egg	\$3.00
* Ham and Cheese	\$3.50	* Curried Egg	\$3.00
* Ham	\$3.00	* Curried Egg and Lettuce	\$3.50
* Ham and Salad	\$5.00	* Chicken and Avocado	\$4.50
* Chicken and Salad	\$5.00	* Vegemite	\$2.00
* Cheese	\$2.00	* Vegemite and Cheese	\$2.50

WRAPS/SUBS

* Carrot, Lettuce, Chicken, Grated Cheese	\$3.50
* One of the following available per week:	
○ Chicken Caesar Subs	\$6.00
○ Chicken Caesar Wrap	\$4.50
○ Mexican Meatball Subs	\$5.50
○ Peri Peri Wraps	\$5.50

SOUPS

TERM 2 AND 3 ONLY	
* 2 of the following per day	\$4.00
○ Moroccan Vegetable Soup	
○ Chicken and Corn Soup	
○ Pumpkin Soup	
○ Pea and Ham Soup	

* Green denotes healthy option

* Orange denotes less healthy option

DRINKS

* Icebreak	\$4.00	* Up and Go	\$2.50
* 600ml Plain Milk	\$1.50	Chocolate, Vanilla, Banana, Caramel	
* 500ml Flavoured Milk	\$3.50		
Chocolate, Strawberry		* Poppers	\$1.50
* 300ml Flavoured Milk	\$2.50	Apple, Apple Blackcurrant, Paradise Punch	
Chocolate, Strawberry, Vanilla		* Waterfords Lightly Sparkling Water	\$2.50
* Small Juice	\$2.00	* Water	\$1.50
* Large Juice	\$3.00	* Mount Franklin Flavoured Water	\$2.00
Orange, Orange Passionfruit, Apple, Pineapple, Apple Blackcurrant		Lemon Lime	
* Juice Bombs	\$2.00	* Coke Zero, Diet Coke	\$2.50
		* Sprite No Sugar	\$2.50
		* Nippy's Iced Coffee 250ml	\$2.00

SNACKS/ICE BLOCKS

* Grain Waves	\$1.20	* Watermelon Tub	\$2.50
* Small Chips – Plain	\$1.20	* Fruit Salad Tub (Seasonal)	\$3.00
* Low Fat Choc Mousse	\$1.00	* Jelly (1 flavour per day)	\$1.00
* Yoghurt Tubs	\$2.50	* Juicies	\$1.50
Vanilla, Passionfruit, Strawberry		Lime, Blackcurrant, Orange, Raspberry	
* Low Fat Choc Muffins	\$2.50	* Moosies	\$1.50
* Fresh Fruit	\$1.00	* Twist Frozen Yogurt	\$2.50
Apples, Oranges, Bananas			

WEEKLY OPTIONS

MONDAY AND WEDNESDAY

* Ham and Cheese Toastie	\$3.50
* Nachos (Beef and Veg)	\$5.50

TUESDAY AND THURSDAY

* Rissolle and Gravy Roll	\$5.00
* Spaghetti Bolognese	\$5.00

FRIDAY

* Ham and Cheese Toastie	\$3.50
* Chicken and Gravy Roll	\$5.00

WEEKLY ROTATIONAL

(1 available per week)

* Vegetarian Fried Rice	\$4.00
* Stir Fry	\$5.50
* Dumpling Soup	\$4.50
* Gourmet Chicken Toasted Sandwich	\$4.50

* Green denotes healthy option

* Orange denotes less healthy option