

CANTEEN MENU - SPRING / SUMMER 2019

PLACE YOUR ORDER FOR LUNCH & RECESS AT BREAKFAST TIME

BREAKFAST (8.30 - 8.55am)

FRUIT (G)	\$1.50
SEASONAL FRUIT BOWL (G)	\$3.20
HASH BROWN (a)	\$1.50
CAMPBELL SUB : canteen made (a)	\$3.00
SMOOTHIES: tropical, mango, banana, berry (G)	\$4.00

GLUTEN FREE - PLEASE ORDER

RICE PAPER ROLLS x 2 (G) - choose your fillings	
- VEGETARIAN (G)	\$4.50
- CHICKEN AND SALAD (G)	\$5.00
GLUTEN FREE PASTA (G)	\$5.00
GLUTEN FREE WRAPS (G)	\$6.00
SUSHI (Wednesday only)	\$5.00
DAHL with pumpkin / sweet potato & rice (G)	\$4.40
SALAD BOXES - choose your fillings from	\$4.50

SANDWICHES / WRAPS / ROLLS

PLEASE ORDER

variety of fillings of your choice from \$5

TERIYAKI CHICKEN & LETTUCE (G)	\$5.50
TANDOORI CHICKEN & LETTUCE (G)	\$5.50
CHICKEN, AVOCADO & LETTUCE (G)	\$5.50
CHICKEN & SALAD (G)	\$5.50
CHEESE & SALAD (G)	\$5.50
HOMMUS & SALAD (G)	\$5.50
EGG & LETTUCE (G)	\$5.00

HOT FOOD

TOASTED TORTILLAS : variety of fillings - check canteen display	\$4.50
SAVOURY SCROLLS : canteen made (a)	\$3.00
SAUSAGE ROLLS : Mrs Macs Good Eating (a)	\$4.00
TRAVELLER BEEF PIE (a)	\$4.40
FLAME GRILLED CHICKEN BURGER with lettuce (a)	\$5.50
HAMBURGER WITH SALAD (a)	\$5.50
CHEESE BURGER (a)	\$5.50
ITALIAN MEATBALL SUB : canteen made (G)	\$5.50
SWEET CHILLI CHICKEN TENDER ROLL with lettuce (a)	\$5.50

DAILY SPECIALS

Tuesday	Spaghetti Bolognese (G)	\$4.50
	Vegetarian Pasta (G)	\$4.50
Wednesday	Sushi - vegetarian, avocado & chicken (G)	\$5.00
	Sushi - Tuna (G), Teriyaki Chicken (a)	\$5.00
	Asian Beef Noodles (G)	\$5.00
Thursday	Spring Rolls (a)	\$1.00
	Honey Soy Chicken Wings with rice (a)	\$5.00
Friday	Burgers: cheese(a), chicken(a), hamburger(a), chicken parmigiana(a), vegetarian(G)	\$5.50 \$5.50

FROZEN DELIGHTS

Berri Quelch 99% fruit juice tubes (a)	\$1.00
Paddle Pops (a)	\$2.20
Twisted Yoghurt 97% f.f. (a)	\$3.00

This menu has been assessed by Nutrition Australia. G = Green product : a = Amber product