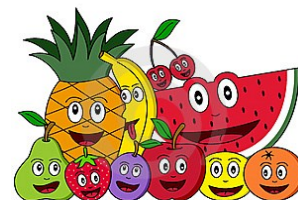
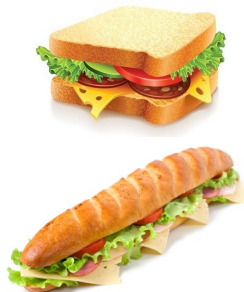


# CANTEEN MENU

Effective Term 4—2017



## SANDWICHES/ WRAPS

WHITE OR MULTIGRAIN

✓ Baked Beans	2.50
✓ Banana	2.50
✓ Buttered	1.50
✓ Cheese	2.40
✓ Cheese & Tomato	2.80
✓ Chicken	3.50
✓ Egg	3.00
✓ Egg & Lettuce	3.40
✓ Salad	3.50
✓ Salad Wrap	4.00
✓ Tomato	2.60
• Vegemite	2.00
• Ham	3.00
Toasted	Extra 50c
Gluten Free Bread	Extra 50c

## EXTRAS

✓ Cheese	.40
✓ Egg	.60
✓ Mayo	.40
✓ Tomato	.40
✓ Lettuce	.40
• Tomato Sauce	.40
• BBQ Sauce	.40
• Tartare Sauce	.40
• Sweet n Sour	.40

## HOT FOOD

✓ Macaroni Cheese
✓ Fried Rice (GF)
✓ Corn Cobs (GF)
✓ Hot Cheese Roll
• Hot Chicken Roll
• Noodle Cup
• Lean Sausage Rolls
• Hot chips/gravy
• Chicken Burger with salad
• Lean Party Pie/ Lean Large Pie
• Cocktail Fish & salad bowl
• Cocktail Fish—Each
• Chicken nuggets
• Crunchy potato (choose ham/cheese)

## SALAD

✓ Basic salad tub (sml/lge)	3.50/5.00
✓ Fruit salad tub (sml/lge)	3.50/5.00

## DRINKS

✓ Orange / Apple Juice	2.00
✓ Bottled water	2.00
✓ Milk	2.00
• Mineral water - flavoured	2.00
✓ Up & Go	2.00

## CHIPS & SNACKS

✓ Seasonal Fruit	.70
✓ Mousse (GF)	1.00
✓ Jelly	.60
✓ Pikelets/ Vegemite Bread Sticks	.10
✓ Popcorn	1.20
• Muffins & Iced buns	2.00
• Chips	1.20
• Pretzels	.80
• Weetbix b/fast biscuits	1.00

## ICE BLOCKS

✓ Juicy Tubes—lemonade	.80
• Fruity Ice	.40
• Ice Mony	.60
• Slush puppie	2.50
• Ice Cream Cup—Light	1.50
• Frozen Yogurt	2.00

## AVAILABLE

## PRICE

Everyday	4.00
Everyday	4.00
Everyday	1.20
Everyday	2.50
Everyday	3.00
Monday	2.50
Tuesday	2.50
Wednesday	3.50/4.00
Wednesday	3.50
Thursday	2.20/2.80
Thursday	3.50
Thursday	.50
Friday	.50
Friday	4.00

✓ **Green** \* Everyday Food    • **Amber**\* Occasional Foods

GF— Gluten Free

\* Food category guidelines as set by the NSW Healthy School Canteen Strategy