

CANTEEN MENU 2018

We will be adding new items to the menu regularly, WATCH THIS SPACE!

BREAKFAST

Spaghetti and cheese bun	\$1.50
Bacon and egg rolls	\$2.50
Granola and yogurt/ coconut chia pudding with fruit topping	\$2.50
Freshly baked muffins	\$2.00
Hot chocolate, cappuccino, flat white	\$2.00
Fruit salad (summer only)	\$2.50
Piece fresh fruit	\$1.00
Fruit drinks, breakfast drinks, flavoured milks	vary in price

AVAILABLE DAILY

Mini french sticks with bacon, avocado and salad	\$4.50
Sandwiches – on wholegrain/ rye bread	
Ham, cheese and pineapple	\$3.00
Ham, tomato, egg and lettuce	
Chicken, cream cheese and apricot	
Chicken and lettuce	
Chicken, cranberry and brie	
Chicken and salad	
Ham and salad	
Vegetarian	
Bacon, lettuce and tomato	
Beef/cheese and onion	
Wraps – cajun chicken, satay chicken, vegetarian	\$3.00
Muffins – flavours change daily	\$2.00
Freshly made mini pizzas	
Ham/cheese/pineapple, bbq chicken, vegetarian	\$2.50
Please note: Pastry items are not available on Tuesdays	
Pies – mince and cheese, steak and cheese, mince, bacon and egg	\$3.00
Juicies and Moosies	\$1.50

HOT LUNCH SPECIALS

Hot Soup daily through **winter** terms only \$2.50

Monday

Hot chicken dish \$4.50

Oven baked wedges with bacon, cheese and light sour cream \$4.50

Tuesday

Sushi (**summer** menu) \$5.00

Chicken enchiladas \$4.50

Macaroni cheese (**winter** menu) \$4.50

Hot dogs \$4.50

Crustless quiche (G/F) (**summer** only) \$3.00

Wednesday

Nachos – mexican mince **or** chilli bean \$4.50

Stuffed potatoes (**winter** menu) prices vary

Thursday

Chicken/ beef/ bbq pork burgers \$4.50

Tacos (**summer** only) \$4.50

Lasagne (**winter** only) \$4.50

Friday

Oven baked fish/ chicken nuggets and chips \$4.50

Lasagne (**winter** only) \$4.50

Hot chicken dish or fried rice \$4.50

MENU OPTIONS FOR SPECIAL DIETARY REQUIREMENTS

If your child has special dietary requirements we will do our best to provide something interesting, healthy and tasty for them. However, we do need to know in advance. Special items can be ordered the day before at the canteen, or before school at the canteen (open from 8.00am until 8.35am). We are very happy to discuss this, and make adjustments to our normal menu or create something special.

Gluten Free/Dairy Free/Vegetarian

Fruit salad
Chia seed pudding (G/F, Veg, Vegan, D/F)
Bliss balls (G/F, Veg, Vegan, D/F)
Rice paper wraps (G/F, Veg, Vegan, D/F)
Salads

Monday Oven baked wedges - we make our own gluten free seasoning for these.
Pasta Bake with smoked chicken and broccoli.
Thai Chicken curry/Butter Chicken with rice.

Tuesday Crustless quiche; bacon or vegetarian.
Chicken or Vegetarian Enchiladas (D/F if required).

Wednesday Nachos using Blue corn chips (G/F; Vegetarian option available; D/F if requested).

Thursday and Friday Vegetarian Burgers are available on Thursday if pre-ordered.
Check with us to see what else is available.

Other possibilities are - G/F pizzas, G/F Bacon and Egg pies, G/F Muffins, G/F Sandwiches.

If you would like to make any suggestions or have any inquiries -
please phone the canteen between 8.35am and 1.35pm,
avoiding our busy time of 11.00am to 11.45am.

Phone 3490174

**Judy Young
Canteen Manager**