

## TERM 4 - 2019

### John XXIII Canteen

### Summer Menu



#### Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk \$3.50

#### Daily

2 pieces \$2.50

Fresh baked bread roll with spreads \$2.50

Fresh baked cheese & vegemite scroll \$2.50

Ham & Cheese Toastie \$2.80

Plain Cheese Toastie \$2.30

#### Tuesday and Thursday

Bacon & Egg roll (when busy) \$4.00

Ham & Cheese Toastie \$2.80

Plain Cheese Toastie \$2.30

Pancakes & Maple syrup(when busy) \$2.80

#### Baked

Anzac Cookie \$0.80

Assorted muffins \$2.70

Banana Bread \$2.70

Gluten Free Banana Bread \$3.50

#### Drinks

Plain Milk - 300ml

Plain milk - 600ml



\$1.80

\$2.50

Flavoureds milk - small

- large

Fruit juice (100%) - small, popper

- large

Bottled water

Iced tea

Up and Go / LOL

Icreams

Quelch ice sticks / Vanilla cup

Icey Pole

Bulla light cup / Paddlepop

Paddle pop To Shaky Shake

Snacks

Veggi Chips / Popcorn

Pretzels

Whole fruit piece

Yogurt / Yogo

Fresh fruit salad

Cheese & Biscuits

Jelly Cup



\$2.80

\$4.00

\$2.20

\$3.40

\$2.00

\$4.40

\$3.00

\$1.00

\$1.60

\$2.00

\$2.20

\$1.80

\$2.50

\$1.00

\$2.20

\$3.50

\$2.50

\$1.00



# WEEKLY LUNCHEON MENU

(Sorry - no variations to meals)

**Avoid queues & time by ordering on-line**

Subject to Supplier availability, occasionally items may need to be substituted for other menu items.

Year 7-12 can order their lunch in the morning for pick up at lunchtime.

## Monday

**Sushi** - 8 piece \$6.50

- 5 piece \$5.00

**Hot Ham & Cheese Croissant** \$5.50

## Tuesday

**Nacho's with sour cream** \$5.50

**Caesar Salad** \$6.50

## Wednesday

**Sushi** - 8 piece \$6.50

- 5 piece \$5.00



**Asian salad with Honey Soy**

**Chicken Kebab** \$6.50

## Thursday

**Chicken Parmy Burger** \$6.50

**BLT Pasta Salad - Large** \$5.00

Small \$3.50

## Friday

**Smokey BBQ Bacon and Egg roll** \$5.00

## Salad Box

Includes fork, bread & dressing.

**Gourmet Lettuce, Tomato, Carrot and Cucumber** \$5.00

**Add - Chicken / Ham / Tuna or Egg extra for** \$1.60



## Pizza

**Slice / Single** \$3.20

**Pastry** (Not available on Wednesday's)

**Gluten free Sausage roll** \$4.50

**Pies - 175g** \$4.00

**SnackPies - 120g** \$3.00

**Sausage roll** \$3.50

**Gluten free beef pie** \$5.00

## Burrito

**Chicken or Vegetable** \$4.50

**Pasta / Easy meals** (Gluten Free Lasagne) \$ 5.50

**Fried Rice / Satay Chicken / Honey Soy Chicken**

**Lasagne/ Spaghetti bolognaise/ Macaroni** \$4.90

**Hot Dogs with or without Tomato sauce** \$3.80

## Burgers

**Chicken / Fish / Beef / Vegetable** \$6.00

(must include Salad )

## Recess

Mini pie / Quiche	\$1.40	Boffin Biscuit	\$2.50	Assorted Muffins	\$2.70
Hash Browns	\$1.40	Mini Chicken Wrap	\$2.50	Banana Bread	\$2.70
Yummie Drummies	\$1.40	Gluten Free Banana Bread	\$3.50	Anzac cookies	\$0.80
Plain Cheesie Round	\$2.00	Veggi Chips/Popcorn	\$1.80	Pretzels	\$2.50

### Sandwiches / Rolls (available every lunchtime)

[illegible]

**All sandwiches & rolls are made without butter unless requested.**

# Lebanese Wraps

	Whole
Ham & Salad	\$6.00
Cheese & Salad	\$5.50
Chicken & Salad	\$6.00
Chichen, avo & mayo	\$6.00