

TERM 2 - 2022

John XXIII Canteen

Winter Menu



Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk (v) \$3.50

Toast - wholegrain & Gluten free on request
2 pieces with spread (D/F, V, G/F) \$2.50

Fresh baked bread roll with spreads (D/F, V) \$2.50

Plain Cheese Toastie (V) \$2.50

Ham & Cheese Toastie \$3.00

G/F Cheese/Ham & Cheese Toastie \$4.00

Baked

Gluten free Raspberry muffin \$3.50

Banana Bread (D/F, V) \$2.50

Gluten Free Banana Bread \$3.50

Hot Chocolate - 200ml (G/F, V) \$2.50

Drinks

Plain Milk - 225ml (G/F, V)

Plain milk - 600ml (G/F, V)

Flavoureds milk - small (300ml) (G/F, V)

- large (600ml) (G/F, V)

Fruit juice (100%) - small, popper (250ml) (G/F, D/F, V)

- large (350ml) (G/F, D/F, V)

Bottled water (600ml) (G/F, D/F, V)

Liptons Iced tea (500ml)(G/F, D/F, V)

Up and Go (V)

Chill Iced Tea (250ml)(G/F, D/F, V)

Juice Bomb (G/F, D/F, V)

Ice Cream

Quelch ice sticks / Nippies frozen juice cup)(D/F, G/F, V)

Icey Pole (G/F, D/F, V)

Bulla light cup / Paddlepop (V)

Slushies (G/F, D/F, V)

200ml

Snacks

100ml

Veggi Chips / Popcorn (D/F,G/F,V)

Whole fruit piece (D/F,G/F,V)

Yoghurt (175g) (G/F, V)

Fresh fruit salad (D/F, G/F, V)

Cheese & Biscuits



\$1.00

\$2.00

\$2.80

\$4.20

\$2.00

\$3.40

\$2.00

\$4.50

\$3.00

\$2.50

\$3.00



\$1.00

\$1.60

\$2.00

\$2.00

\$1.00

\$2.00

\$1.00

\$2.20

\$3.80

\$3.50



WEEKLY LUNCHEON MENU

Avoid queues & time by ordering on-line

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

(Sorry - no variations to meals)

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

Monday

| | |
|-------------------------------|--------|
| Gnocchi (V) - D/F on request | \$6.00 |
| Pizza Single - Ham and Cheese | \$3.30 |

Tuesday

| | |
|---|--------|
| Chilli Con Carne & Corn Chips (G/F, V) - D/F on request | \$6.80 |
| Mrs. Macs Good Eating Beef Pie | \$4.20 |
| Mrs. Good Eating Sausage Roll | \$3.80 |
| G/F Beef or Chicken Pie | \$6.00 |

Wednesday

| | |
|-----------------------------------|--------|
| Sushi- Chicken Teriyaki - 8 piece | \$8.00 |
| - 5 piece | \$6.00 |
| Chicken Pesto Pasta - large | \$6.00 |
| - small | \$4.00 |
| Hot Dog with or without sauce | \$3.80 |

Thursday

| | |
|----------------------------------|--------|
| Butter Chicken with Rice - Large | \$7.00 |
| - Small | \$5.00 |
| Mrs. Macs Good Eating Beef Pie | \$4.20 |
| Mrs. Good Eating Sausage Roll | \$3.80 |
| G/F Beef or Chicken Pie | \$6.00 |

Friday

| | |
|--|--------|
| Smokey BBQ Bacon & Egg Roll - G/F on request | \$6.50 |
| Hot Dog with or without sauce | \$3.80 |
| Pizza Single - Ham and Cheese | \$3.30 |

AVAILABLE DAILY AT LUNCH

| | | |
|--|--|---------|
| Foccacia (Pizza Slice) | | |
| Bacon and Cheese | | \$3.30 |
| Salad Box D/F, G/F, V on request includes fork, bread and dressing | | |
| Baby spinach, lettuce, Tomato, Carrot, Capsicum & Cucumber | | \$6.00 |
| Add on - chicken/Ham/Olives/Sundried Tomato/Shredded Cheese/Egg | | \$1.00 |
| Burrito | | |
| Chicken or Vegetable G/F on request \$1.50 extra | | \$5.00 |
| Pasta / Easy meals | | |
| Chicken Fried Rice / Beef Lasagne /Mac & Cheese/ Spaghetti & Meatballs - 200g | | \$5.00 |
| G /F Mac & Cheese - 200g | | \$5.80 |
| G/F beef Lasagne | | \$5.80 |
| Burgers | | |
| Chicken / Fish / Beef / Vegetable (must include Salad) | | \$6.20 |
| Crudite & Dip (Cucumber, Carrot, Celery & tomato)(V,G/F) | | \$3.00 |
| Snacks | | \$3.50 |
| Veggi Chips / Popcorn (D/F,G/F,V) | | \$ 2.00 |
| Whole fruit piece (D/F,G/F,V) | | \$ 1.00 |
| Yoghurt (175g) (G/F, V) | | \$ 2.20 |
| Fresh fruit salad (D/F, G/F, V) | | \$ 3.80 |
| Cheese & Biscuits | | \$ 3.50 |
| Tomato sauce / margarine portion | | \$ 0.40 |



G/F extra

\$ 1.50

Recess

| | | | | | |
|-------------------------|--------|---------------------------------|--------|---------------------------------------|--------|
| Plain Cheesie Round (V) | \$2.00 | Garlic Bread | \$1.40 | Banana Bread (D/F, V) | \$2.70 |
| Hash Browns (D/F, V) | \$1.40 | Mini Chicken Wrap | \$2.70 | Gluten Free Raspberry Muffin (D/F, V) | \$3.50 |
| Yummie Drummies (D/F) | \$1.40 | Gluten Free Banana Bread (V) | \$3.50 | | |
| | | Veggi Chips/Popcorn (D/F,G/F,V) | \$1.80 | | |

Sandwiches / Rolls (available every lunchtime) Wholegrain and Gluten Free available on request.

| G/F \$1.50 extra | | Sandwich | Roll | G/F \$1.50 extra | |
|----------------------------------|--|----------|--------|---|--------|
| Vegemite | | \$2.00 | \$2.50 | <u>Extra's - available for rolls, sandwiches & salads</u> | |
| Salad (carrot/lettuce/tom/cucum) | | \$3.50 | \$4.00 | Olives | \$1.20 |
| Cheese & salad | | \$4.50 | \$5.00 | Cheddar cheese (sliced or shredded) | \$1.20 |
| Curried Egg / Egg mayo & lettuce | | \$5.00 | \$5.50 | Avocado | \$1.50 |
| Chicken & salad | | \$5.00 | \$5.50 | Beetroot | \$1.50 |
| Tuna & salad | | \$5.00 | \$5.50 | Egg | \$1.50 |
| Ham & salad | | \$5.00 | \$5.50 | Roast Chicken meat | \$1.80 |
| Egg & salad | | \$5.00 | \$6.00 | Tuna / Leg ham | \$1.80 |
| Ham only | | \$3.00 | \$3.50 | Gluten Free bread / wrap / roll | \$1.50 |
| Cheese only | | \$3.50 | \$4.00 | | |
| Chicken only | | \$4.00 | \$4.50 | | |
| Chicken, avo & mayo | | \$5.50 | \$6.00 | Tomato sauce / margarine portion | \$0.40 |



All sandwiches & rolls are made without margarine unless requested.

Lebanese Wraps

G/F \$1.50 extra

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