

TERM 2 - 2023

John xxiii Canteen

Winter Menu

Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk (v)	\$3.50
Croissant with spread (V)	\$2.50
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
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Drinks

Plain Milk - 225ml (G/F, V)	\$1.00
Plain milk - 600ml (G/F, V)	\$2.00
Flavoureds milk - small (300ml) (G/F, V)	\$2.80
- large (600ml) (G/F, V)	\$4.20
Fruit juice (100%) - small, popper (250ml) (G/F, D/F, V)	\$2.00
- large (350ml) (G/F, D/F, V)	\$3.40
Bottled water (600ml) (G/F, D/F, V)	\$2.00
Liptons Iced tea (500ml)(G/F, D/F, V)	\$4.50
Up and Go (V)	\$3.00
Juice Bomb (G/F, D/F, V)	\$3.00



Ice Cream

Quelch ice sticks / Nippies frozen juice cup)(D/F, G/F, V)	\$1.00
Icey Pole (G/F, D/F, V)	\$1.60
Dixie cups - choc, vanilla & straw	\$1.00
Slushies (G/F, D/F, V) 200ml	\$2.00
Snacks 100ml	\$1.00

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



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.

Sushi Available Every Day - 8 piece
- 5 piece

\$ 8.00 G/F extra
\$6.00

AVAILABLE DAILY AT LUNCH

Monday

Pizza Single - Ham and Cheese
Gnocchi (V) - D/F on request

\$3.30
\$6.50

Foccacia (Pizza Slice)
Bacon and Cheese



\$3.30

Tuesday

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

\$4.20
\$3.80
\$6.00
\$6.80

Salad Box D/F, G/F, V on request
includes fork, bread and dressing

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/

Wednesday

Chicken Pesto Pasta (G/F, V) - D/F on request
Small

\$6.50
\$4.50

Spaghetti & Meatballs - 200g

\$5.00

G /F Mac & Cheese - 200g

\$5.80

Hot Dog with or without sauce

\$3.80

G/F beef Lasagne

\$5.80

Burgers

Chicken / Fish / Beef / Vegetable
(must include Salad)



\$6.20

Thursday

Mrs. Macs Good Eating Beef Pie
Mrs. Good Eating Sausage Roll
G/F Beef or Chicken Pie

\$4.20
\$3.80
\$6.00

Sushi - 8 piece

\$8.00

5 piece

\$6.00

Butter Chicken Curry with Rice

\$6.80

Snacks

\$3.50

Small

\$5.00

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

\$ 2.00

Friday

Hot Dog with or without sauce
Pizza Single - Ham and Cheese
Sausage roll

\$3.80
\$3.30
\$3.80

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 / butter portion

\$ 0.40



Recess

Plain Cheesie Round (V)	\$2.00	Garlic Bread	\$1.40	Banana Bread (D/F, V)	\$2.00
Hash Browns (D/F, V)	\$1.40	Mini Chicken Wrap	\$2.50	Gluten Free Raspberry Muffin (D/F, V)	\$3.50
Chicken Strips (D/F)	\$1.40	Gluten Free Banana Bread (V)	\$3.50		
		Veggi Chips/Popcorn (D/F,G/F,V)	\$2.00		

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 / butter portion	\$0.40

All sandwiches & rolls are made without butter 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

