



# Canteen Menu

## WINTER

### Recess Only

|                              |        |
|------------------------------|--------|
| Banana or Apple Muffin       | \$3    |
| Cheesie                      | \$2    |
| Vegemite Cheesie             | \$2    |
| Fruit Cup                    | \$2    |
| Yoghurt and Fruit Jelly Cup  | \$2.50 |
| Hash Browns                  | \$1    |
| Fresh Fruit                  | \$1    |
| Vegetable Sticks with Hummus | \$2.50 |
| Popcorn                      | \$1    |
| Choc Yogo                    | \$2.50 |
| Bacon and Egg Muffin         | \$3.50 |

### Sandwiches

|                                |     |
|--------------------------------|-----|
| Ham                            | \$3 |
| Chicken                        | \$3 |
| Egg/Curry Egg                  | \$3 |
| Cheese                         | \$3 |
| Tuna                           | \$3 |
| Add-On: Cheese, Tomato, Carrot |     |
| Lettuce, Cucumber, Beetroot,   |     |
| Avocado, Toasted (50c each)    |     |
| Mayo, Mustard, Pickle and      |     |
| Tomato Sauce (30c extra each)  |     |

### Salads Available Everyday

Caesar Salad: Chicken, Bacon, Egg, Cos Lettuce, Croutons, Parmesan Cheese and Caesar Dressing.

Pumpkin Salad: Roasted Pumpkin, Spinach, Red Capsicum, Red Onion, Fetta and Dressing.

Greek Salad: Cucumber, Tomato, Fetta, Spinach, Kalamata Olives and Balsamic Dressing.

Garden Salad: Lettuce, Tomato, Cucumber, Carrot, Celery, Red Capsicum, Broccoli, Beetroot and Balsamic Dressing.

Mediterranean Salad: Brown Rice, Fetta, Roasted Capsicum, Roasted Eggplant, Roasted Zucchini, Roasted Mushrooms and Cherry Tomatoes tossed with Spinach and a Balsamic Dressing.

### **Drinks (available Lunch and Recess)**

|   |        |
|---|--------|
| Water                                       | \$1.50 |
| Hi-Lo Milk                                  | \$2    |
| Sipahh Straw with Milk Chocolate/Strawberry | \$2.50 |
| Harvey Fresh Juice                          | \$2.50 |

### **Lunch Only**

|  |        |
|--|--------|
| Frozen Yoghurt Cups or Frozen Choc Milk Cups | \$1.50 |
|--|--------|

### **Monday Lunch Order Only**

|  |        |
|--|--------|
| Beef Curry with Vegetables and Rice                            | \$5    |
| Arancini   | \$1.50 |
| Chicken Schnitzel Roll with Tomato, Cucumber, Mayo and Lettuce | \$5    |
| Pasta Bolognese  | \$4    |
| Soup of the Day with Bread (Pumpkin)                           | \$3.50 |

### **Wednesday Lunch Order Only**

|  |        |
|--|--------|
| Hot Beef and Gravy Roll                      | \$5    |
| Pizza: Ham and Cheese/Cheese                 | \$3    |
| Lasagne                                      | \$4    |
| Sushi (Pre-order Monday)                     | \$5.50 |
| Soup of the Day with Bread (Potato and Leek) | \$3.50 |

### **Friday Lunch Order Only**

|  |        |
|--|--------|
| Sausage Roll   | \$3.50 |
| Hot Chicken, Swiss Cheese, Spinach and Mayo Turkish Roll | \$5    |
| Arancini (Cheese)  | \$1.50 |
| Spinach and Ricotta Ravioli with Napolitano Sauce        | \$4    |
| Soup of the Day with Bread (Minestrone)                  | \$3.50 |