

JOHN XXIII COLLEGE - SUMMER MENU - TERM 1 - 2024




BREAKFAST - daily from 8am - 8.30am

- Cereal portion with 225ml HiLo milk (V) \$3.50
- Toast - wholegrain & Gluten Free on request
- 2 slices with 2 spreads (D/F,V,G/F) \$2.50
- Fresh baked bread roll with 2 spreads (V, D/F) \$2.50
- Plain Cheese toastie (V) \$2.50
- Ham & Cheese toastie \$3.00
- G/F Cheese/Ham & Cheese toastie \$4.50

RECESS

- Plain Cheesie (V) \$2.00
- Hash Brown (D/F, V) \$1.40
- Chicken Strip (D/F) \$1.40
- Garlic Bread (V) \$2.00
- Mini chicken wrap \$2.50
- Mini quiche/Pie/Sausage roll \$1.40

TRAFFIC LIGHT HEALTHY EATING POLICY

-  Eat as much as you like
-  Eat limited amounts
-  Avoid or have occasionally as a treat.

CONFECTIONERY

- Muffin (Blueberry or Chocolate) \$3.00
- Banana Bread \$2.00
- Gluten Free Muffin - raspberry (G/F) \$4.00
- Gluten free Banana bread (G/F) \$4.00

SNACKS

- Veggie Chips \$2.00
- Plain popcorn \$2.00
- Piece of fruit (green/red apple or orange) \$1.00
- Fresh fruit Salad \$3.50
- Yoghurt low fat - 170ml \$2.20
- Chocolate Yogo - 170ml \$2.20
- Cheese & Biscuits low fat (5 pieces) \$5.00

DRINKS

- Plain HiLo Milk - 225ml (G/F, V) \$1.00
- Plain HiLo Milk - 600ml (G/F, V) \$2.00
- Bottled water - 600ml (G/F,D/F,V) \$2.00
- Brownes Flavoured milk - school approved
- Small - 300ml (V,G/F) \$2.80
- Large - 600ml (High school only)(V,G/F) \$4.20
- Up & Go 250ml (G/F,V) \$3.00
- Juice Bomb raspberry 250ml (V,D/F,G/F) \$3.00
- Liptons iced tea - 500ml (High school only)(V,D/F,G/F) \$4.50

ICE-CREAM

- Icey pole / Calipo (G/F,V,D/F) \$1.60
- Quelch stick/Nippies frozen juice cup(V,D/F,G/F) \$1.00
- Paddlepop (V) \$2.00
- Dixie Cups (V) \$1.00
- Bubble O Bill (V) \$3.00
- Slushies - 100ml (V,D/F,G/F) \$1.00
- 200ml (V,G/F,D/F) \$2.00

- Tomato sauce / Butter portion \$0.40

AVAILABLE AT LUNCH DAILY

Foccacia (Pizza Slice) Bacon & Cheese	\$3.30
Chicken Burrito	\$5.00
G/F Chicken Burrito	\$6.50
Vegetable Burrito	\$5.00
G/F Vegetable Burrito	\$6.50
PASTA - EASY MEALS - 200g	
Fried rice with Ham (G/F)	\$5.00
Beef Lasagne	\$5.00
Mac & Cheese	\$5.00
Spaghetti Bolognaise	\$5.00
G/F Mac & Cheese	\$5.80
G/F Beef Lasagne	\$5.80

BURGERS MUST HAVE SALAD IN LINE WITH THE WA CANTEEN HEALTHY EATING POL

Beef Burger	\$6.20
Chicken Burger	\$6.20
Fish Burger	\$6.20
Vegetable Burger	\$6.20

Sushi - 5 pieces Chicken Katsu	\$6.00
Sushi - 8 pieces Chicken Katsu	\$8.00

SANDWICHES/ROLLS/WRAPPS (LUNCH ONLY) - Made to order

Wholegrain and Gluten Free available on request.

Gluten Free - Extra		\$1.50
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Vegemite	\$2.00	\$2.50
Salad(carrot,lettuce,tomato,cucumber)	\$3.50	\$4.00
Cheese & salad	\$4.50	\$5.00
Curried egg / Egg mayo & lettuce	\$5.00	\$5.50
Chicken & Salad	\$5.00	\$5.50
Tuna & Salad	\$5.00	\$5.50
Ham & Salad	\$5.00	\$5.50
Egg & Salad	\$5.00	\$5.50
Ham only	\$3.00	\$3.50
Cheese only	\$3.50	\$4.00
Chicken only	\$4.00	\$4.50
Chicken, Avo & Mayo	\$5.50	\$6.00

All made without butter unless requested.

LEBANESE WRAPS (LUNCH ONLY) - Made to order

Wholegrain and Gluten Free available on request.

Gluten Free - Extra	\$1.50
Ham & Salad	\$6.00
Cheese & Salad	\$5.50
Chicken & Salad	\$6.00
Chicken, Avo & Mayo	\$6.00

DAILY SPECIALS - Made as is, no special instructions.**MONDAY**

Pizza Single - Ham & Cheese	\$3.30
Nacho's (G/F, V & D/F on request)	\$6.50

TUESDAY

Mrs. Macs Good Eating Pies	\$4.20
Mrs. Macs Good Eating Sausage Rolls	\$3.80
G/F Beef or Chicken Pie	\$6.00
Crispy Chicken Sub	\$6.80

WEDNESDAY

BLT Pasta salad	\$6.80
Hotdog with or without sauce	\$3.80

THURSDAY

Mrs. Macs Good Eating Pies	\$4.20
Mrs. Macs Good Eating Sausage Rolls	\$3.80
G/F Beef or Chicken Pie	\$6.00
Vietnamese Noodle Salad	\$6.50

FRIDAY

Hotdog with or without sauce	\$3.80
Pizza Single - Ham & Cheese	\$3.30
Mrs. Macs Good Eating Sausage Rolls	\$3.80

SALAD BOX - Made to order

Includes a fork, dressing and a slice of bread

Baby Spinach, Lettuce, Tomato, Carrot, Capsicum and Cucumber.	\$6.00
Add on for \$1.00 each	
Chicken, Ham, Olives, Cheese, Egg, Tuna	\$1.00