



# St Pius X College Canteen Menu



✓ Good food choices shown with a tick

## SANDWICHES/ROLLS/WRAPS

White, Wholemeal, Multigrain or Gluten free available

Buttered or plain sandwich	1.00	✓
Buttered or plain roll	1.50	✓
<b>Rolls and Wraps 50c extra</b>	0.50	
Cheese	2.00	✓
Cheese and Tomato	2.50	✓
Chicken/Leg Ham/Salmon/Tuna	3.50	✓
Chicken and Salad	4.00	✓
Chicken, Lettuce and Mayonnaise	3.50	
Leg Ham and Salad	4.00	✓
Salmon/Tuna Salad	4.00	✓
Salad	3.50	✓
Egg	2.00	✓
Peanut Butter or Vegemite	1.50	✓

### EXTRAS:

Lettuce, tomato, cheese	0.50	✓
Egg, Ham, Chicken	0.60	✓

### WRAPS

Sweet Chilli Chicken Wrap	4.50	✓
Tandoori Chicken	4.50	✓
Chicken Caesar	4.50	
Falafel	4.50	✓

### TURKISH BREAD

BLAT	4.50	✓
Ham Lettuce	4.50	✓

## SALADS/FRUITS SALADS

Salad Plate (+ egg + meat -.50c each extra)	6.00	✓
Salad tubs - Variety	3.00	✓
Fruit Salad - Small	3.00	✓
- Large	4.00	✓

## HOT FOOD

Cheese and Bacon Roll	3.00	
Sausage Roll	3.00	
Pies – Meat or Potato	4.50	
Pasta – Lasagne, Twista Bolognese or Macaroni Cheese	4.50	✓
Fried Rice ( <i>Gluten Free</i> )	4.50	✓
Sauce	0.20	

## GLUTEN FREE AND VEGETARIAN

*Lunch Order Only*

Meat Pie (GF)	4.50	
Pasta (GF)	4.50	✓
Sausage Roll (GF)	3.00	✓
Spinach and Feta Roll (V)	3.00	
Fried Rice (GF)	4.50	✓

## SNACKS

Chocolate Mousse	3.50
Yoghurt	3.00
Banana Bread, Lamingtons	3.00
Muffins – Large	3.50
Eucalyptus Drops	1.50

### CHIPS:

Snaps	1.50
Soya Crisps	3.50
Pretzels/JJ's/Red Rock/ Grainwaves/Smiths	1.50

## WEEKLY SPECIALS

### MONDAY

Hot Dogs	3.00
Hamburgers	5.00

### TUESDAY

Pasta	5.00
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### WEDNESDAY

Butter Chicken and Rice	5.00	✓
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### THURSDAY

Pork Ribs	5.00
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### FRIDAY

Chicken Burgers	5.00
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### EVERYDAY

Sushi	4.00	✓
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## DRINKS

Oak Milk 300ml	3.00	
Oak Milk 600ml	4.00	
Up and Go 250ml	2.50	
Glee Sparkling Fruit Juice 250ml	2.00	✓
Nippys 100% Juice 350ml	2.50	✓

### SPRING WATER:

600ml	2.00	✓
750ml sport top	2.50	✓
1.5 Litres	3.00	✓
Sparkling Water 500ml	2.50	
Ice Creams (various prices)		

Online ordering at [flexischools.com.au](http://flexischools.com.au)

Orders to be placed by 9:30am on the day

**EAT WELL FEEL WELL DO WELL**