




## JOHN XXIII COLLEGE - WINTER MENU - TERM 2 - 2025

### BREAKFAST - daily from 8am - 8.30am

Cereal portion with 225ml HiLo milk (V)	\$3.80
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)	\$3.10
Plain Cheese toastie (V)	\$4.00
Ham & Cheese toastie	\$4.50
G/F Cheese/Ham & Cheese toastie	\$5.50
Hot Chocolate	\$2.80
Pancakes with maple syrup	\$4.50

### 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)	\$3.50
Banana Bread	\$2.50
Gluten Free Muffin - raspberry (G/F)	\$4.50
Gluten free Banana bread (G/F)	\$4.50

### SNACKS

Veggie Chips	\$2.20
Plain popcorn	\$2.20
Piece of fruit (green/red apple or orange)	\$1.20
Fresh fruit Salad	\$3.80
Yoghurt low fat - 170ml	\$2.50
Chocolate Yogo - 170ml	\$2.40
Cheese & Biscuits low fat (5 pieces)	\$5.00

### RECESS

Plain Cheesie (V)	\$2.50
Hash Brown (D/F, V)	\$1.60
Chicken Strip (D/F)	\$1.60
Garlic Bread (V)	\$2.50
Mini chicken wrap	\$3.00
Mini quiche/Pie/Sausage roll	\$1.60

### 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
Brownies Flavoured milk - school approved	
Small - 300ml (V,G/F)	\$3.00
Large - 600ml (High school only)(V,G/F)	\$4.60
Up & Go 250ml (G/F,V)	\$3.20
Juice Bomb raspberry 250ml (V,D/F,G/F)	\$3.20
Liptons iced tea - 500ml (High school only)(V,D/F,G/F)	\$5.00
Juice Box - 200ml	\$2.50
Large juice	\$4.50
Small juice	\$3.50

### ICE-CREAM

Icey pole / Calipo (G/F,V,D/F)	\$1.80
Quelch stick/Nippies frozen juice cup(V,D/F,G/F)	\$1.50
Paddlepop (V)	\$2.30
Dixie Cups (V)	\$1.50
Cornetto (V)	\$3.30
Slushies - 100ml (V,D/F,G/F)	\$1.30
200ml (V,G/F,D/F)	\$2.30

Tomato sauce / Butter portion	\$0.40
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**AVAILABLE AT LUNCH DAILY**

Foccacia (Pizza Slice) Bacon & Cheese	\$3.60
Chicken Burrito	\$5.50
G/F Burrito bowl	\$5.50
Vegetable Burrito	\$5.50
G/F Burrito bowl	\$5.50
PASTA - EASY MEALS - 200g	
Chicken Fried Rice (G/F)	\$7.00
Beef Lasagne	\$5.50
Mac & Cheese	\$6.50
Spaghetti Bolognaise	\$5.50
G/F Mac & Cheese	\$6.50
G/F Beef Lasagne	\$6.50
BURGERS MUST HAVE SALAD IN LINE WITH THE WA CANTEN HEALTHY EATING POLICY	
Beef Burger	\$6.80
Chicken Burger	\$6.80
Fish Burger	\$6.80
Vegetable Burger	\$6.80
Sushi - 5 pieces Chicken Katsu	\$7.00
Sushi - 8 pieces Chicken Katsu	\$9.50

**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	\$2.20	\$2.80
Salad(carrot,lettuce,tomato,cucumber)	\$3.80	\$4.40
Cheese & salad	\$4.90	\$5.50
Curried egg / Egg mayo & lettuce	\$5.40	\$6.00
Chicken & Salad	\$5.90	\$6.50
Tuna & Salad	\$5.40	\$6.00
Ham & Salad	\$5.40	\$6.00
Egg & Salad	\$5.40	\$6.00
Ham only	\$4.30	\$4.90
Cheese only	\$3.80	\$4.40
Chicken only	\$4.30	\$4.90
Chicken, Avo & Mayo	\$5.90	\$6.50

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	\$6.50
Cheese & Salad	\$6.00
Chicken & Salad	\$6.50
Chicken, Avo & Mayo	\$6.50
Chicken, Avo & Mayo	\$6.00

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

Chilli Con Carne	\$7.30
Gnocchi & Napoleana sauce	\$7.30

**TUESDAY**

Mrs. Macs Good Eating Pies	\$4.60
Mrs. Macs Good Eating Sausage Rolls	\$4.20
G/F Beef or Chicken Pie	\$6.50
Meatball & Cheese sub	\$7.30

**WEDNESDAY**

Pizza Single	\$3.60
Butter chicken large	\$7.30
Butter chicken small	\$5.50

**THURSDAY**

Mrs. Macs Good Eating Pies	\$4.60
Mrs. Macs Good Eating Sausage Rolls	\$4.20
G/F Beef or Chicken Pie	\$6.50
Crispy chicken sub	\$7.30

**FRIDAY**

Hotdog with or without sauce	\$4.20
Mrs. Macs Good Eating Sausage Roll	\$4.20
Pizza Single - Ham & Cheese	\$3.60

**SALAD BOX - Made to order**

Includes a fork, dressing and a slice of bread

Baby Spinach, Lettuce, Tomato, Carrot, Capsicum and Cucumber.	\$6.50
Add on for \$1.00 each	
Chicken, Ham, Olives, Cheese, Egg, Tuna	\$1.50