

JOHN XXIII COLLEGE - WINTER MENU - TERM 4 - 2024




BREAKFAST - daily from 8am - 8.30am

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|--|--------|
| 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 |
| Hot Chocolate | \$2.50 |

RECESS

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|------------------------------|--------|
| 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

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

CONFECTIONERY

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|--------------------------------------|--------|
| 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

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|--|--------|
| 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

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|--|--------|
| 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

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|--|--------|
| 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 |

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

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|---------------------------------------|--------|
| 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 | |
| Chicken Fried Rice (G/F) | \$5.00 |
| Beef Lasagne | \$5.00 |
| Mac & Cheese | \$5.00 |
| Spaghetti Bolognese | \$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 POLICY

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|--------------------------------|--------|
| 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/WRAPS (LUNCH ONLY) - Made to order

Wholegrain and Gluten Free available on request.

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|---------------------------------------|-----------------|
| 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.

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|---------------------|--------|
| 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**

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|------------------------|--------|
| Ham & Cheese Croissant | \$6.80 |
| Nacho's and sour cream | \$6.80 |

TUESDAY

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|-------------------------------------|--------|
| Mrs. Macs Good Eating Pies | \$4.20 |
| Mrs. Macs Good Eating Sausage Rolls | \$3.80 |
| G/F Beef or Chicken Pie | \$6.00 |
| BLT Pasta salad | \$6.80 |

WEDNESDAY

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|--------------------|--------|
| Pizza Single | \$6.80 |
| Crispy Chicken Sub | \$6.80 |

THURSDAY

| | |
|-------------------------------------|--------|
| Mrs. Macs Good Eating Pies | \$4.20 |
| Mrs. Macs Good Eating Sausage Rolls | \$3.80 |
| G/F Beef or Chicken Pie | \$6.00 |
| Bacon & Egg Roll | \$6.80 |

FRIDAY

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

SALAD BOX - Made to order

Includes a fork, dressing and a slice of bread

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