



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 | 1.00 | ✓ |
| Rolls and Wraps 50c extra | 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 | 3.50 | ✓ |
| - Large | 4.50 | ✓ |

HOT FOOD

| | | |
|--|------|---|
| Cheese and Bacon Roll | 3.00 | |
| Sausage Roll - includes sauce | 3.50 | |
| Pies – Meat or Potato - includes sauce | 4.50 | |
| Pasta – Lasagne, Twista Bolognese or Macaroni Cheese | 4.50 | ✓ |
| Fried Rice (<i>Gluten Free</i>) | 4.50 | ✓ |
| Sauce | 0.30 | |

GLUTEN FREE AND VEGETARIAN

Lunch Order Only

| | | |
|------------------------------------|------|---|
| Meat Pie (GF) | 4.50 | |
| Pasta (GF) | 4.50 | ✓ |
| Sausage Roll (GF) - includes sauce | 3.50 | ✓ |
| Spinach and Feta Roll (V) | 3.50 | |
| 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 | 5.50 |

TUESDAY

| | |
|-------|------|
| Pasta | 5.50 |
|-------|------|

WEDNESDAY

| | | |
|-------------------------|------|---|
| Butter Chicken and Rice | 5.50 | ✓ |
|-------------------------|------|---|

THURSDAY

| | |
|-----------|------|
| Pork Ribs | 5.50 |
|-----------|------|

FRIDAY

| | |
|-----------------|------|
| Chicken Burgers | 5.50 |
|-----------------|------|

EVERYDAY

| | | |
|-------|------|---|
| Sushi | 4.00 | ✓ |
|-------|------|---|

DRINKS

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

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

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

EAT WELL FEEL WELL DO WELL