



Making Healthy Choices

For Australian Schools

HOW TO ORDER

Orders can be placed at the canteen or via email the night prior. Please email orders to:

lowannacanteen@gmail.com. Please include a name and if the order is for recess or lunchtime.

Payment is made via cash or card on collection.

DAILY SPECIALS

See Daily Specials Menu for this as changes occur each term.

HOT FOOD SELECTION

Chicken Breast Nuggets..... 5 for	\$3.50
Steamed Dim Sim	\$1.00
Hash Brown.....	\$1.00
Hot Dog.....	\$3.50
Nachos w/Cheese & Salsa	\$4.00
Pie	\$4.50
Sausage Roll	\$4.50
Hot Jam Donut	\$1.50
Chicken Kiev Ball	\$1.00
Wedges.....	\$4.00
Homemade Pizza Slice	\$3.00
Quiche.....	\$4.00

BURGERS & WRAPS

Sweet Chilli Chicken Wrap	\$5.00
Egg and Bacon Muffin	\$4.00
Chicken Schnitzel Burger.....	\$6.00
Cheese Burger.....	\$5.00

SAUCES

Tomato	\$0.30
Gravy or Sour Cream.....	\$1.00

COLD FOOD SELECTION

All made daily with fresh ingredients

Fresh Fruit Salad.....	\$4.00
Sandwiches,Wraps and Rolls from	\$4.50
Variety of Salads.....from	\$6.00
Assorted Focaccias.....from	\$6.00
Creamy Natural Yoghurt.....	\$3.00
Chocolate Mousse.....	\$3.00
Pieces of Fresh Fruit.....	\$2.00
Jelly.....	\$2.00

HOMEMADE SWEETS & TREATS

Variety of Donuts	\$3.50
Assortment of Cakes	\$3.50
Homemade Cookies	\$0.50
Fresh Variety of Muffins	\$3.50
Assorted Slices.....	\$3.00
Assorted Chocolate Bars.....	\$2.50

DRINKS

Bottled water, fresh juice, sugar free soft drink, flavoured milk and mineral water.

..... \$2.00-\$4.50

- Eftpos Minimum
- Prices may vary and items are subject to availability.
- Ordering at recess or night prior is advised. Please see above.





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DAILY SPECIALS MENU

TERM ONE

MONDAY

Baked Potato

- Cheese
- Coleslaw
- Bacon
- Sour Cream



\$6

THURSDAY

Penne Bolognese

- Mince
- Pasta Sauce
- Herbs
- Garlic
- Cheese
- Penne Noodles



Small \$4
Medium \$6

TUESDAY

Hamburger w Lot

- Beef Pattie
- Cheese
- Tomato
- Lettuce
- Egg
- Bacon
- Tomato Sauce



\$8

FRIDAY

Parma & Wedges

- Wedges
- Chicken Schnitzel
- Pasta Sauce
- Cheese



\$6

WEDNESDAY

Beef Souvalai

- Beef strips
- Cheese
- Lettuce
- Tomato
- Garlic Aioli



\$6





METRO CANTEENS

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DAILY SPECIALS MENU

TERM TWO

MONDAY

Ravioli

- Beef Ravioli
- Pasta Sauce
- Cheese
- Parsley



Small \$5
Medium \$7

THURSDAY

Penne Bolognese

- Mince
- Pasta Sauce
- Herbs
- Garlic
- Cheese
- Penne Noodles



Small \$5
Medium \$7

TUESDAY

Sweet & Sour Chicken

- Chicken Pieces
- Stirfry Vegetables
- Rice
- Sweet & Sour Sauce



Small \$5
Medium \$7

FRIDAY

Beef Curry

- Beef Strips
- Red Capsicum
- Green Capsicum
- Onion
- Curry Sauce



Small \$5
Medium \$7

WEDNESDAY

Beef Souvalai

- Beef strips
- Cheese
- Lettuce
- Tomato
- Garlic Aioli



\$8

