

TERM 2 - 2018

John xxiii Canteen

Winter Menu

Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk \$3.50

Toast

2 pieces of wholegrain or white \$2.50

Fresh baked bread roll with spreads \$2.50

Tuesday & Thursday

Bacon & Egg roll(when busy) \$4.00

Plain Cheese Toastie \$2.30

Ham & Cheese Toastie \$2.80

Monday, Wednesday & Friday

Ham & Cheese Toastie \$2.80

Plain Cheese Toastie \$2.30

Baked

Anzac Cookie 80c

Assorted muffins \$2.70

Banana Bread \$2.70

Gluten free Banana Bread \$3.50



Drinks

Plain Milk - 300ml \$1.70

Plain milk - 600ml \$2.50

Flavoureds milk - small \$2.80

- large \$4.00

Fruit juice (100%) - small, popper \$2.20

- large \$3.30

Bottled water \$2.00

Iced tea \$4.30

Up and Go / Juice Bomb \$2.90

Icreams

Quelch ice sticks \$1.00

Icey Pole \$1.60

Billabong / Bulla light cup / Paddlepop \$1.90

Froyo2go \$3.00

Snacks

Snaps veggie chips / popcorn \$1.80

Pretzels \$2.50

Whole fruit piece \$1.00

Yogurt / Yogo \$2.20

Fresh fruit salad \$3.50

Jelly Cup \$1.00

Cheese & Biscuits \$2.50



WEEKLY LUNCHEON MENU

(Sorry - no variations to meals)

Avoid queues & time by ordering on-line

Year 7-12 can order their lunch in the morning for pick up at lunchtime.

Monday

Chicken Teriyaki & Rice \$6.50

Aranccini - choice of meat
or veg. \$5.00

Tuesday

Chilli Con Carne on corn chips \$6.50

Pulled beef toasted wrap \$5.50

Wednesday

Tortellini \$6.50

Sushi - 8 piece \$6.50

- 5 piece \$5.00

Thursday

Gnocchi \$5.00

Butter Chicken - large \$6.50

- small \$4.00

Friday

Chicken pasta Bake - large \$6.50

- small \$4.00

Salad Box

Includes fork, bread & dressing.

Gourmet Lettuce, Tomato, Carrot and Cucumber \$5.00

Add - Chicken / Ham / Tuna or Egg extra for \$1.60

Pizza

Slice / Single \$3.20

Pastry

(Not available on Wednesday's)

Pies - 175g \$4.00

SnackPies - 110g \$3.00

Sausage roll \$3.50

Gluten free beef pie \$5.00

Gluten free veg/beef sausage roll \$4.50

Burrito

Chicken or Vegetable \$4.50

Pasta / Easy meals

Fried Rice / Macaroni / Spaghetti bolognaise/Beef Lasagne/Satay chick \$4.90

Gluten free beef lasagne \$5.50

Hot Dogs with or without Tomato sauce \$3.80

Burgers

Chicken / Fish / Beef / Vegetable \$5.90

(must include Salad)



Recess

Mini pie / Quiche	\$1.40	Chicken & cheese Rounds	\$2.40	Assorted Muffins	\$2.70
Hash Browns	\$1.40	Mini Chicken Wrap	\$2.50	Banana Bread	\$2.70
Yummie Drummies	\$1.40	Pretzels	\$2.50	Anzac cookies	80c
Plain Cheesie Round	\$2.00	Snaps veggie chips	\$1.80	Gluten free banana bread	\$3.50

Sandwiches / Rolls (available every lunchtime)

	Sandwich	Roll	<u>Extra's - available for rolls, sandwiches & salads</u>	
Vegemite	\$2.00	\$2.40	Olives	\$1.00
Salad (carrot/lettuce/tom/cucum)	\$3.50	\$4.00	Cheddar cheese (sliced or shredded)	\$1.00
Cheese & salad	\$4.50	\$5.00	Avocado	\$1.20
Curried Egg / Egg mayo & lettuce	\$4.50	\$5.00	Feta Cheese	\$1.20
Chicken & salad	\$5.00	\$5.50	Sundried tomato	\$1.20
Tuna & salad	\$5.00	\$5.50	Beetroot	\$1.20
Ham & salad	\$4.70	\$5.00	Egg	\$1.50
Chicken, avo & mayo	\$4.70	\$5.00	Roast Chicken meat	\$1.60
Ham only	\$3.00	\$3.50	Tuna / Leg ham	\$1.60
Cheese only	\$3.00	\$3.50		
Chicken only	\$3.70	\$4.20		
Egg & salad	\$5.50	\$6.00		
			Tomato sauce / butter portion	\$0.40

All sandwiches & rolls are made without butter unless requested.

Lebanese Wraps

Half Lebanese are only as below

	Whole
Ham & Salad	\$6.00
Cheese & Salad	\$5.50
Chicken & Salad	\$6.00
Chicken, avo & mayo	\$6.00

