

TERM 2 - 2019
John XXIII Canteen
Summer Menu



Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk \$3.50

Toast
 2 pieces \$2.50

Fresh baked bread roll with spreads \$2.50

Tuesday and Thursday

Bacon & Egg roll (when busy) \$4.00

Plain Cheese Toastie \$2.40

Ham & Cheese Toastie \$2.80

Tuesday, Wednesday & Friday

Ham & Cheese Toastie \$2.80

Plain Cheese Toastie \$2.40



Baked

Anzac Cookie \$0.80

Assorted muffins \$2.70

Banana Bread \$2.70

Gluten Free Banana Bread \$3.50

Drinks

Plain Milk - 150ml

Plain milk - 450ml



Flavoured milks(Oak light) - small (300ml) \$2.60

- large (600ml) \$3.80

Fruit juice (100% H/F) - small (250ml) \$2.00

- large (450ml) \$3.40

Bottled water \$2.00

Iced tea \$4.40

Up and Go / LOL \$3.00



Icreams

Quelch ice sticks / Vanilla cup/Nippy frozen juice cup \$1.00

Icey Pole \$1.60

Bulla light cup / Paddlepop \$1.90

Paddle pop Shaky Shake \$2.20

Snacks

Veggi Chips / Popcorn \$1.80

Pretzels \$2.50

Whole fruit piece \$1.00

Yogurt 160g \$2.20

Fresh fruit salad \$3.50

Cheese & Biscuits \$2.50

Jelly Cup \$1.00



Recess

Mini pie / Quiche	\$1.40	Boffin Biscuit	\$2.50	Assorted Muffins	\$2.70
Hash Browns	\$1.40	Mini Chicken Wrap	\$2.50	Banana Bread	\$2.70
Yummie Drumsticks	\$1.40	Gluten Free Banana Bread	\$3.50	Anzac cookies	\$0.80
Plain Cheesie Round	\$2.00	Veggi Chips/Popcorn	\$1.80	Pretzels	\$2.50

Sandwiches / Rolls (available every lunchtime)

	Sandwich	Roll
Vegemite	\$2.00	\$2.50
Salad (carrot/lettuce/tom/cucum)	\$3.50	\$4.00
Cheese & salad	\$4.50	\$5.00
Curried Egg / Egg mayo & lettuce	\$4.50	\$5.00
Chicken & salad	\$5.00	\$5.50
Tuna & salad	\$5.00	\$5.50
Ham & salad	\$4.70	\$5.00
Egg & salad	\$5.50	\$6.00
Ham only	\$3.00	\$3.50
Cheese only	\$3.00	\$3.50
Chicken only	\$3.70	\$4.20
Chicken, avo & mayo	\$5.50	\$6.00

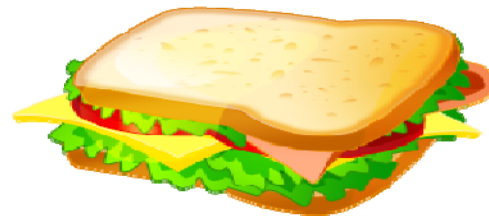
All sandwiches & rolls are made without butter unless requested.

Lebanese Wraps

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

Extra's - available for rolls, sandwiches & salads

Olives	\$1.00
Cheddar cheese (sliced or shredded)	\$1.00
Avocado	\$1.20
Beetroot	\$1.20
Egg	\$1.50
Roast Chicken meat	\$1.60
Tuna / Leg ham	\$1.60
Tomato sauce / butter portion	\$0.40



WEEKLY LUNCHEON MENU

(Sorry - no variations to meals)

Avoid queues & time by ordering on-line

Subject to Supplier availability, occasionally items may need to be substituted for other menu items.

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

Monday

Pulled beef Toasted Wrap	\$5.50
Meat / Veg Arancini	\$5.00

Tuesday

Chilli Con Carne & corn Chips	\$6.50
Gnocchi	\$5.00

Wednesday

Sushi - 8 piece	\$6.50
- 5 piece	\$5.00
Beef Tortellini	\$6.50



Thursday

Butter Chicken - large	\$6.50
- small	\$4.00

Friday

Bacon, Mac & Cheese Bake	\$6.50
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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
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Pastry

(Not available on Wednesday's)

Pies(Lighten up) - 175g	\$4.00
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SnackPies (Lighten up)- 110g	\$3.00
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Sausage roll (Lighten up)	\$3.50
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4 & 20 Pies (Full fat) - 220g	\$4.00
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4 & 20 King size sausage roll (Full fat) - 180g	\$3.50
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Burrito

Chicken or Vegetable	\$4.50
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Pasta / Easy meals (Gluten Free Lasagne)	\$ 5.50
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Fried Rice / Satay Chicken / Honey Soy Chicken	
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Lasagne/ Spaghetti bolognaise/ Macaroni	\$4.90
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<u>Hot Dogs with or without Tomato sauce</u>	\$3.80
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Burgers

Chicken / Fish / Beef / Vegetable	\$6.00
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(must include Salad)

