

# Canteen Menu

## Semester 1, 2020

## Rec to Year 12



Our canteen aims to provide healthy & nutritious food & drinks.  
Menu items highlighted in **Amber** or **Green** indicate the group that each menu item falls into.

We are happy to cater to your child's special dietary requirements.  
Please telephone Mandy on 8536 5401.  
Lunch order bags (x10) can be purchased for 0.50c

### Hot Food

|                                                    |      |
|----------------------------------------------------|------|
| Sausage Roll                                       | 3.50 |
| Giant Sausage Roll                                 | 4.00 |
| Vegetarian Pasty                                   | 4.00 |
| Pies: Plain 4.00 / Chicken 4.50 / Savoury 4.50     |      |
| Sauce .30c                                         |      |
| Rooster Roll:                                      |      |
| Chicken, lettuce & mayo / bbq sauce                | 5.00 |
| Chicken, cheese & mayo / bbq sauce                 | 5.00 |
| Rooster Wrap:                                      |      |
| Chicken, lettuce & mayo / bbq sauce                | 5.00 |
| Chicken, cheese & mayo / bbq sauce                 | 5.00 |
| Burgers:                                           |      |
| Vegetarian (veggie pattie, lettuce, tomato & mayo) | 7.00 |
| Chicken & salad                                    | 6.00 |
| Pasta – Bolognese or macaroni                      | 4.50 |
| Hot Dog with sauce                                 | 3.50 |
| Hot Dog with cheese & sauce                        | 4.50 |
| New Stone Baked Pizza – 150gm                      | 4.00 |
| Ham & Pineapple                                    |      |
| Meat Lovers                                        |      |
| Margarita (Vegetarian)                             |      |
| BBQ Chicken                                        |      |
| Chicken Nuggets with Hash Browns & sauce           | 5.00 |

**Sandwiches & Rolls****S/wich****Roll**

Plain butter or vegemite or jam

2.50

3.00

Salad

4.50

5.00

Ham &amp; Cheese

4.00

4.50

Egg &amp; lettuce

4.00

5.00

Salad &amp; Chicken or Ham

5.00

6.00

Salad includes lettuce, tomato, grated carrot, cucumber & comes with or without mayo

Cheese extra .50c

Beetroot extra .50c

**Toasties**

Cheese

3.50

Ham &amp; Cheese

4.00

Cheese &amp; Tomato

4.00

Ham, Cheese &amp; Pineapple

4.50

Ham, Cheese &amp; Tomato

4.50

**Wraps****Mini wrap****Large wrap**

4.00

6.00

Chicken

(tomato, lettuce, grated carrot, cucumber &amp; mayo)

Ham

(tomato, lettuce, grated carrot, cucumber &amp; mayo)

Salad

(tomato, lettuce, grated carrot, cucumber &amp; mayo)

Cheese extra .50c

Beetroot extra .50c

**Salad Box**

6.00

Lettuce, tomato, cucumber, beetroot, carrot & dressing plus choice of Chicken, Ham, Egg or Cheese

Extra Chicken, egg, ham or cheese - \$1.00 each

## Ice-blocks & ice-creams

|                        |      |
|------------------------|------|
| Quelch                 | 0.80 |
| Choc Moo Freezer Pops  | 1.00 |
| Straw Moo Freezer Pops | 1.00 |
| Raspberry Mini Calippo | 1.20 |
| Choc shakey cup        | 2.30 |
| Lemonade ice-block     | 1.20 |

## Drinks

## Size

|                                                         |      |       |
|---------------------------------------------------------|------|-------|
| Nippys Flavoured Milk                                   | 2.50 | 250ml |
| (Strawberry, Choc or Honeycomb)                         | 4.00 | 500ml |
| Nippys water                                            | 2.00 | 500ml |
|                                                         | 3.50 | 750ml |
| Nippys Juice                                            | 4.00 | 500ml |
| (Orange, Unsweetened orange, Apple, Apple/Blackcurrant) |      |       |
| Nippys Juice Box                                        | 2.00 | 250ml |
| (Apple & Blackcurrent, Apple)                           |      |       |
| Milkshake                                               | 5.00 | 750ml |
| (vanilla, choc, strawberry, caramel)                    |      |       |
| Iced tea                                                | 4.00 | 500ml |
| (peach, lemon, raspberry, mango)                        |      |       |

## Snacks

|                                                 |      |
|-------------------------------------------------|------|
| Chips:                                          | 1.50 |
| (Honey soy chicken, sea salt or salt & vinegar) |      |
| Muffin                                          | 2.50 |
| (blueberry or choc chip)                        |      |

|                                              |      |
|----------------------------------------------|------|
| Fresh Fruit                                  | 1.00 |
| (depending on seasonal price & availability) |      |

## **Lunch Dish of the Day**

**Monday** 4.50

Pizza  
Ham & Pineapple or Cheese & Bacon  
& Quelch Ice-block

**Tuesday** 5.50

Chicken Nuggets & Hash Brown  
with sauce & Quelch Ice-block

**Wednesday**

Burger 5.50

Chicken & Salad with mayo

Burger 6.50

Vegetarian patty & Salad with mayo or sauce

**Thursday**

Summer Home made lasagne (odd weeks) 7.00

Home made quiche & salad (even weeks) 7.00

Winter Home made lasagne (odd weeks) 7.00

Home made soup & bread roll (even weeks) 5.00

(will be either pumpkin or chicken & veg)

**Friday** 4.00

Hot Dog with sauce  
& quelch ice-block

(Students receive a voucher to collect ice-block from the primary canteen window on Friday)

Primary Canteen is open Friday lunchtimes only and offers the following:

Ice-blocks – Quelch, Mini Callipo, Lemonade

Chips – Honey Soy, Sea Salt or Salt & Vinegar