

TERM 1 - 2018

John xxiii Canteen

Summer 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

Monday and Thursday

Bacon & Egg (when busy) \$4.00

Plain Cheese Toastie \$2.30

Ham & Cheese Toastie \$2.80

Tuesday, Wednesday & Friday

Ham & Cheese Toastie \$2.80

Plain Cheese Toastie \$2.30

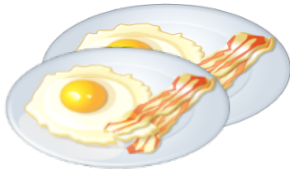
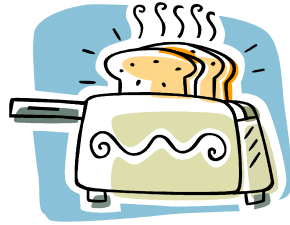
Baked

Anzac Cookie \$0.80

Assorted muffins \$2.70

Banana Bread \$2.70

Gluten free Banana Bread \$3.50



Drinks

Plain Milk - 300ml

Plain milk - 600ml

Flavoureds milk - small

- large

Fruit juice (100%) - small, popper

- large

Bottled water

Iced tea

Up and Go / LOL

Icreams

Quelch ice sticks/ vanilla cup

Icey Pole

Billabong / Bulla light cup / Paddlepop / Fandangle

Shakey Shake

Snacks

Snaps / Popcorn

Pretzels

Whole fruit piece

Yogurt / Yogo

Fresh fruit salad

Cheese & Biscuits



\$1.70

\$2.50

\$2.80

\$4.00

\$2.20

\$3.30

\$2.00

\$4.30

\$2.90

\$1.00

\$1.60

\$1.90

\$2.20

\$1.80

\$2.50

\$1.00

\$2.20

\$3.50

\$2.50

Gluten free muffin

\$ 3.00

Jelly Cup

\$1.00

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

- Sushi - 8 piece \$6.50
- Sushi - 5 piece \$5.00
- Hot Ham & Cheese Croissant \$5.00



Salad Box

Includes fork, bread & dressing.

- Gourmet Lettuce, Tomato, Carrot and Cucumber \$5.00
- Add - Chicken / Ham / Tuna or Egg extra for \$1.60

Tuesday

- Nacho's with sour cream \$5.00
- Chicken Caesar Salad \$6.50

Pizza

- Slice / Single \$3.20

Pastry

(Not available on Wednesday's)

- Pies - 200g \$4.00
- SnackPies - 120g \$3.00
- Sausage roll \$3.50
- Gluten free beef pie \$5.00
- gluten free veg/beef sausage roll 4.5

Wednesday

- BBQ Bacon & Egg Burger \$5.00
- BLT Pasta Salad - large \$5.00
- BLT Pasta Salad - small \$3.50

Burrito

- Chicken or Vegetable \$4.50

Thursday

- Sushi - 8 piece \$6.50
- Sushi - 5 piece \$5.00
- Pulled Beef & Slaw burger \$6.50

Pasta / Easy meals

- Fried Rice / Honey soy / Satay
- Lasagne/ Spaghetti bolognese/ Macaroni \$4.90
- Hot Dogs with or without Tomato sauce \$3.80

Friday

- Chicken Turkish toasted - half \$4.00

Burgers

- Chicken / Fish / Beef / Vegetable \$5.70

- whole

\$6.50

(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			Anzac cookies	\$0.80
Plain Cheesie Round	\$2.00	Snaps	\$1.80	Pretzels	\$2.50

Sandwiches / Rolls (available every lunchtime)

	Sandwich	Roll
Vegemite	\$2.00	\$2.40
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	\$4.70	\$5.00
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

Extra's - available for rolls, sandwiches & salads

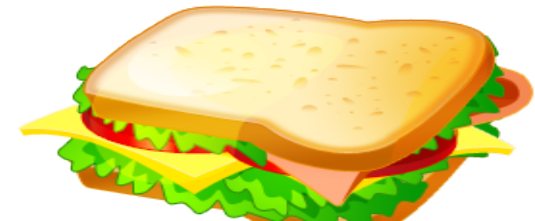
Olives	\$1.00
Cheddar cheese (sliced or shredded)	\$1.00
Avocado	\$1.20
Feta Cheese	\$1.20
Sundried tomato	\$1.20
Beetroot	\$1.20
Egg	\$1.50
Roast Chicken meat	\$1.60
Tuna / Leg ham	\$1.60
Tomato sauce / butter portion	\$0.40

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

Chichen, avo & mayo

\$6.00

