

Orchard Grove Primary School
SUMMER CANTEEN MENU

commencing Wednesday 9th October 2019
 Lunch orders are available on Mondays, Wednesdays & Fridays

SANDWICHES / WRAPS	
<i>Sandwiches available on wholemeal bread or wraps</i>	
<i>Quality Gluten Free Bread-\$0.50 extra / Rolls-\$0.60 extra</i>	
Vegemite	2.00
Salad (lettuce, tomato, carrot, cucumber)	4.00
Cheese & salad	4.50
Egg, lettuce & mayo	4.00
Tuna, cucumber & lettuce	4.00
Ham & salad	5.00
Ham & cheese	4.00
Roast Beef & salad	5.00
Roast Chicken & salad	5.00
Roast Chicken, lettuce & mayo	4.50
Mexican: Chicken, cheese, lettuce & salsa	5.00
Hawaiian: Ham, lettuce, pineapple & mayo	5.00

TOASTIES	
<i>Please indicate sandwich, wrap, focaccia or muffin</i>	
<i>Focaccia - \$0.80 extra</i>	
Cheese	2.50
Ham & cheese	4.00
Ham, cheese & tomato	4.50
Chicken & cheese	4.00
Spaghetti & cheese	3.00

SALADS	
Vege Hummus Bowl (capsicum, carrots, cucumber) & dip	5.00
1 Honey Soy Chicken Drumstick & salad	5.00
Beef or Vegie Pattie & salad	5.00

HOT FOOD	
Honey Soy Chicken Drumstick	3.00
1 Honey Soy Chicken Drumstick & 4 Potato Wedges	4.50
2 Honey Soy Chicken Drumsticks & 4 Potato Wedges	5.50
Potato Wedges (8) & sour cream	3.00
Beef or Vegie Burger (with lettuce, cheese, tomato, tomato sauce or mayo)	5.50
Grilled chicken Tenderloin Wrap (with lettuce & mayo OR lettuce and cheese)	5.50
Nachos with Salsa & Cheese (V)	3.00
Beef or Vegie Pattie with potato wedges & dipping sauce (tomato or sour cream)	5.50

PITA PIZZA	
Chicken, cheese & bbq sauce	4.50
Ham, cheese & tomato sauce	4.00
Cheese and tomato sauce	3.00
Tuna, corn & cheese & tomato sauce	4.00
Corn, pineapple, capsicum, cheese & tomato sauce	4.00
Extra Toppings - Pineapple	0.50
- Capsicum	0.50

FROZEN ITEMS	
Frozen Pineapple Ring	1.00
Frozen Orange Wedge	0.50
Frozen Watermelon	1.50
Zing Yogurt Ice Stick (GF)	2.00
Frozen Yogurt & Fruit Cup	2.50

**ONE FROZEN ITEM
 PLUS ONE FROZEN FRUIT
 PERMITTED**

SNACKS	
Mini Croissant	1.50
Carrot sticks with dip	1.50
Popcorn – Butter (V/GF)	1.50
Orange Wedges (whole orange)	2.00
Apple (cored) (V/GF)	1.50
Watermelon (V/GF)	2.00
Fruit & Jelly Cup (V/GF)	1.50
Strawberry Yoghurt Squeezy Pouch	1.50
Go! Choc Chip Cookie	1.50
Anzac Biscuit	1.00
Red Rock Deli Chips 27g	2.00

DRINKS	
100% Juice – Apple or Orange	2.00
Mineral Water	
Apple & Raspberry / Lemon Lime	2.00
Nippy Low Fat Flavoured Milk 250ml Strawberry or Chocolate	2.00

Re-Usable Lunch Wallets (<i>sample at office</i>) Pink, Green, Purple or Blue	10.00
Paper Bags	0.10

**PLEASE ENSURE YOUR ORDER IS WRITTEN CLEARLY
 AND ON ONE PIECE OF PAPER**

V – Vegetarian
GF – Gluten Free

Please encourage your child to return to the canteen if any item is missing
Canteen Manager – Sophie Polites - 0407 853 812