

TERM 2 - 2022

John xxiii Canteen

Winter Menu



Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk (v) \$3.50

Toast - wholegrain & Gluten free on request
2 pieces with spread (D/F, V, G/F) \$2.50

Fresh baked bread roll with spreads (D/F, V) \$2.50

Plain Cheese Toastie (V) \$2.50

Ham & Cheese Toastie \$3.00

G/F Cheese/Ham & Cheese Toastie \$4.00

Baked

Gluten free Raspberry muffin \$3.50

Banana Bread (D/F, V) \$2.50

Gluten Free Banana Bread \$3.50

Hot Chocolate - 200ml (G/F, V) \$2.50

Drinks

Plain Milk - 225ml (G/F, V)

Plain milk - 600ml (G/F, V)

Flavoureds milk - small (300ml) (G/F, V)

- large (600ml) (G/F, V)

Fruit juice (100%) - small, popper (250ml) (G/F, D/F, V)

- large (350ml) (G/F, D/F, V)

Bottled water (600ml) (G/F, D/F, V)

Liptons Iced tea (500ml)(G/F, D/F, V)

Up and Go (V)

Chill Iced Tea (250ml)(G/F, D/F, V)

Juice Bomb (G/F, D/F, V)

Ice Cream

Quelch ice sticks / Nippies frozen juice cup)(D/F, G/F, V)

Icey Pole (G/F, D/F, V)

Bulla light cup / Paddlepop (V)

Slushies (G/F, D/F, V) 200ml

Snacks 100ml

Veggi Chips / Popcorn (D/F,G/F,V)

Whole fruit piece (D/F,G/F,V)

Yoghurt (175g) (G/F, V)

Fresh fruit salad (D/F, G/F, V)

Cheese & Biscuits



\$1.00

\$2.00

\$2.80

\$4.20

\$2.00

\$3.40

\$2.00

\$4.50

\$3.00

\$2.50

\$3.00



\$1.00

\$1.60

\$2.00

\$2.00

\$1.00

\$2.00

\$1.00

\$2.20

\$3.80

\$3.50



WEEKLY LUNCHEON MENU

Avoid queues & time by ordering on-line

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

Monday

Gnocchi (V) - D/F on request \$6.00

Pizza Single - Ham and Cheese \$3.30

Tuesday

Chilli Con Carne & Corn Chips (G/F, V) - D/F on request \$6.80

Mrs. Macs Good Eating Beef Pie \$4.20

Mrs. Good Eating Sausage Roll \$3.80

G/F Beef or Chicken Pie \$6.00

Wednesday

Sushi- Chicken Teriyaki - 8 piece \$8.00

- 5 piece \$6.00

Chicken Pesto Pasta - large \$6.00

- small \$4.00

Hot Dog with or without sauce \$3.80

Thursday

Butter Chicken with Rice - Large \$5.50

- Small \$5.00

Mrs. Macs Good Eating Beef Pie \$4.20

Mrs. Good Eating Sausage Roll \$3.80

G/F Beef or Chicken Pie \$6.00

Friday

Smokey BBQ Bacon & Egg Roll - G/F on request \$6.50 \$ 1.50

Hot Dog with or without sauce \$3.80

Pizza Single - Ham and Cheese \$3.30

(Sorry - no variations to meals)

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

G/F extra AVAILABLE DAILY AT LUNCH

Focaccia (Pizza Slice)

Bacon and Cheese

Salad Box D/F, G/F, V on request

includes fork, bread and dressing

Baby spinach, lettuce, Tomato, Carrot, Capsicum & Cucumber \$6.00

Add on - chicken/Ham/Olives/Sundried Tomato/Shredded Cheese/Egg \$1.00

Burrito

Chicken or Vegetable G/F on request \$1.50 extra \$5.00

Pasta / Easy meals

Chicken Fried Rice / Beef Lasagne / Mac & Cheese / Spaghetti & Meatballs - 200g \$5.00

G /F Mac & Cheese - 200g \$5.80

G/F beef Lasagne \$5.80

Burgers

Chicken / Fish / Beef / Vegetable \$6.20
(must include Salad)

Crudite & Dip (Cucumber, Carrot, Celery & tomato)(V,G/F) \$3.00

Snacks \$3.50

Veggi Chips / Popcorn (D/F,G/F,V) \$ 2.00

Whole fruit piece (D/F,G/F,V) \$ 1.00

Yoghurt (175g) (G/F, V) \$ 2.20

Fresh fruit salad (D/F, G/F, V) \$ 3.80

Cheese & Biscuits \$ 3.50

Tomato sauce / margarine portion \$ 0.40



Recess

Plain Cheesie Round (V)	\$2.00	Garlic Bread	\$1.40		
Hash Browns (D/F, V)	\$1.40	Mini Chicken Wrap	\$2.70	Banana Bread (D/F, V)	\$2.70
Yummie Drummies (D/F)	\$1.40	Gluten Free Banana Bread (V)	\$3.50	Gluten Free Raspberry Muffin (D/F, V)	\$3.50
		Veggi Chips/Popcorn (D/F,G/F,V)	\$1.80		

Sandwiches / Rolls (available every lunchtime) Wholegrain and Gluten Free available on request.

G/F \$1.50 extra	Sandwich	Roll	G/F \$1.50 extra	
Vegemite	\$2.00	\$2.50	Extra's - available for rolls, sandwiches & salads	
Salad (carrot/lettuce/tom/cucum)	\$3.50	\$4.00	Olives	\$1.20
Cheese & salad	\$4.50	\$5.00	Cheddar cheese (sliced or shredded)	\$1.20
Curried Egg / Egg mayo & lettuce	\$5.00	\$5.50	Avocado	\$1.50
Chicken & salad	\$5.00	\$5.50	Beetroot	\$1.50
Tuna & salad	\$5.00	\$5.50	Egg	\$1.50
Ham & salad	\$5.00	\$5.50	Roast Chicken meat	\$1.80
Egg & salad	\$5.00	\$6.00	Tuna / Leg ham	\$1.80
Ham only	\$3.00	\$3.50	Gluten Free bread / wrap / roll	\$1.50
Cheese only	\$3.50	\$4.00		
Chicken only	\$4.00	\$4.50		
Chicken, avo & mayo	\$5.50	\$6.00	Tomato sauce / margarine portion	\$0.40



All sandwiches & rolls are made without margarine unless requested.

Lebanese Wraps

	G/F \$1.50 extra	Whole
Ham & Salad		\$6.00
Cheese & Salad		\$5.50
Chicken & Salad		\$6.00
Chicken, avo & mayo		\$6.00