

## TERM 4 - 2018

### 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

Boffin Biscuit \$2.50



#### 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

Bulla light cup / Paddlepop

Paddle pop To Shaky Shake

#### Snacks

Veggi Chips / Popcorn

Pretzels

Whole fruit piece

Yogurt / Yogo

Fresh fruit salad

Cheese & Biscuits

Jelly Cup



\$1.80

\$2.50

\$2.80

\$4.00

\$2.20

\$3.40

\$2.00

\$4.40

\$3.00

\$1.00

\$1.60

\$2.00

\$2.20

\$1.80

\$2.50

\$1.00

\$2.20

\$3.50

\$2.50

\$1.00

# 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

Potato Salad \$5.50

Hot Ham & Cheese Croissant \$5.50

## Tuesday

Nacho's with sour cream \$5.50

Caesar Salad \$6.50



## Wednesday

Sushi - 8 piece \$6.50

- 5 piece \$5.00



## Crumbed chick Strips &

Salad Bowl \$6.50

## Thursday

Gourmet Toasted Chicken Wrap \$5.50

BLT Pasta Salad - Large \$5.00

Small \$3.50

## Friday

Smokey BBQ Bacon and Egg roll \$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

## Pizza

Slice / Single \$3.20

Pastry (Not available on Wednesday's)

Gluten free Sausage roll \$4.50

Pies - 175g \$4.00

SnackPies - 120g \$3.00

Sausage roll \$3.50

Gluten free beef pie \$5.00

## Burrito

Chicken or Vegetable \$4.50

Pasta / Easy meals (Gluten Free Lasagne) \$ 5.50

Fried Rice / Satay Chicken / Honey Soy Chicken

Lasagne/ Spaghetti bolognaise/ Macaroni \$4.90

Hot Dogs with or without Tomato sauce \$3.80

## Burgers

Chicken / Fish / Beef / Vegetable \$6.00

(must include Salad )



## 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 Drummies	\$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	<u>Extra's - available for rolls, sandwiches &amp; salads</u>	
Salad (carrot/lettuce/tom/cucum)	\$3.50	\$4.00	Olives	\$1.00
Cheese & salad	\$4.50	\$5.00	Cheddar cheese (sliced or shredded)	\$1.00
Curried Egg / Egg mayo & lettuce	\$4.50	\$5.00	Avocado	\$1.20
Chicken & salad	\$5.00	\$5.50	Beetroot	\$1.20
Tuna & salad	\$5.00	\$5.50	Egg	\$1.50
Ham & salad	\$4.70	\$5.00	Roast Chicken meat	\$1.60
Egg & salad	\$5.50	\$6.00	Tuna / Leg ham	\$1.60
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.				
				
			Tomato sauce / butter portion	\$0.40

## Lebanese Wraps

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