

# JOHN XXIII COLLEGE - WINTER MENU - TERM 2 - 2024




## BREAKFAST - daily from 8am - 8.30am

Cereal portion with 225ml HiLo milk (V)	\$3.50
Toast - wholegrain & Gluten Free on request	
2 slices with 2 spreads (D/F,V,G/F)	\$2.50
Fresh baked bread roll with 2 spreads (V, D/F)	\$2.50
Plain Cheese toastie (V)	\$2.50
Ham & Cheese toastie	\$3.00
G/F Cheese/Ham & Cheese toastie	\$4.50
Hot Chocolate	\$2.50

## RECESS

Plain Cheesie (V)	\$2.00
Hash Brown (D/F, V)	\$1.40
Chicken Strip (D/F)	\$1.40
Garlic Bread (V)	\$2.00
Mini chicken wrap	\$2.50
Mini quiche/Pie/Sausage roll	\$1.40

## TRAFFIC LIGHT HEALTHY EATING POLICY

	Eat as much as you like
	Eat limited amounts
	Avoid or have occasionally as a treat.

## CONFECTIONERY

Muffin (Blueberry or Chocolate)	\$3.00
Banana Bread	\$2.00
Gluten Free Muffin - raspberry (G/F)	\$4.00
Gluten free Banana bread (G/F)	\$4.00

## SNACKS

Veggie Chips	\$2.00
Plain popcorn	\$2.00
Piece of fruit (green/red apple or orange)	\$1.00
Fresh fruit Salad	\$3.50
Yoghurt low fat - 170ml	\$2.20
Chocolate Yogo - 170ml	\$2.20
Cheese & Biscuits low fat (5 pieces)	\$5.00

## DRINKS

Plain Hilo Milk - 225ml (G/F, V)	\$1.00
Plain Hilo Milk - 600ml (G/F, V)	\$2.00
Bottled water - 600ml (G/F,D/F,V)	\$2.00
Brownes Flavoured milk - school approved	
Small - 300ml (V,G/F)	\$2.80
Large - 600ml (High school only)(V,G/F)	\$4.20
Up & Go 250ml (G/F,V)	\$3.00
Juice Bomb raspberry 250ml (V,D/F,G/F)	\$3.00
Liptons iced tea - 500ml (High school only)(V,D/F,G/F)	\$4.50

## ICE-CREAM

Icey pole / Calipo (G/F,V,D/F)	\$1.60
Quelch stick/Nippies frozen juice cup(V,D/F,G/F)	\$1.00
Paddlepop (V)	\$2.00
Dixie Cups (V)	\$1.00
Bubble O Bill (V)	\$3.00
Slushies - 100ml (V,D/F,G/F)	\$1.00
200ml (V,G/F,D/F)	\$2.00

Tomato sauce / Butter portion	\$0.40
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### AVAILABLE AT LUNCH DAILY

Foccacia (Pizza Slice) Bacon & Cheese	\$3.30
Chicken Burrito	\$5.00
G/F Chicken Burrito	\$6.50
Vegetable Burrito	\$5.00
G/F Vegetable Burrito	\$6.50
PASTA - EASY MEALS - 200g	
Chicken Fried Rice (G/F)	\$5.00
Beef Lasagne	\$5.00
Mac & Cheese	\$5.00
Spaghetti Bolognese	\$5.00
G/F Mac & Cheese	\$5.80
G/F Beef Lasagne	\$5.80
BURGERS MUST HAVE SALAD IN LINE WITH THE WA CANTEEN HEALTHY EATING POLICY	
Beef Burger	\$6.20
Chicken Burger	\$6.20
Fish Burger	\$6.20
Vegetable Burger	\$6.20
Sushi - 5 pieces Chicken Katsu	\$6.00
Sushi - 8 pieces Chicken Katsu	\$8.00

### SANDWICHES/ROLLS/WRAPS (LUNCH ONLY) - Made to order

Wholegrain and Gluten Free available on request.

Gluten Free - Extra

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Vegemite	\$2.00	\$2.50
Salad(carrot,lettuce,tomato,cucumber)	\$3.50	\$4.00
Cheese & salad	\$4.50	\$5.00
Curried egg / Egg mayo & lettuce	\$5.00	\$5.50
Chicken & Salad	\$5.00	\$5.50
Tuna & Salad	\$5.00	\$5.50
Ham & Salad	\$5.00	\$5.50
Egg & Salad	\$5.00	\$5.50
Ham only	\$3.00	\$3.50
Cheese only	\$3.50	\$4.00
Chicken only	\$4.00	\$4.50
Chicken, Avo & Mayo	\$5.50	\$6.00

All made without butter unless requested.

### LEBANESE WRAPS (LUNCH ONLY) - Made to order

Wholegrain and Gluten Free available on request.

Gluten Free - Extra

Ham & Salad	\$6.00
Cheese & Salad	\$5.50
Chicken & Salad	\$6.00
Chicken, Avo & Mayo	\$6.00

### DAILY SPECIALS - Made as is, no special instructions.

#### MONDAY

Ham & Cheese Croissant	\$6.80
Gnocchi with Napolitana sauce	\$6.80

#### TUESDAY

Mrs. Macs Good Eating Pies	\$4.20
Mrs. Macs Good Eating Sausage Rolls	\$3.80
G/F Beef or Chicken Pie	\$6.00
Chilli Con Carne on Corn Chips	\$6.80

#### WEDNESDAY

Chicken Pasta Pesto	\$6.80
Crispy Chicken Sub	\$6.80

#### THURSDAY

Mrs. Macs Good Eating Pies	\$4.20
Mrs. Macs Good Eating Sausage Rolls	\$3.80
G/F Beef or Chicken Pie	\$6.00
Butter Chicken and Rice - Full	\$6.80
Butter Chicken and Rice - Half	\$5.00

#### FRIDAY

Hotdog with or without sauce	\$3.80
Mrs. Macs Good Eating Sausage Roll	\$3.80
Pizza Single - Ham & Cheese	\$3.30

### SALAD BOX - Made to order

Includes a fork, dressing and a slice of bread

Baby Spinach, Lettuce, Tomato, Carrot, Capsicum and Cucumber.	\$6.00
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Add on for \$1.00 each

Chicken, Ham, Olives, Cheese, Egg, Tuna	\$1.00
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