Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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- PAPER BAG (if not supplied with order) \$0.10
- Canteen preferred lunch bags are available from canteen in packs of 50. These are large and strong enough to contain lunch orders! \$4.00
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Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Sliced Ham	\$4.00
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Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
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Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

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Frozen Juice Cup	\$1.20
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Dixie Cup – vanilla	\$2.00
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Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

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Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Closed Tuesdays

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Lunchtime Classics

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Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

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Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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 BAG MUST BE PRODUCED TO COLLECT ITEM.
- PAPER BAG (if not supplied with order) \$0.10
- Canteen preferred lunch bags are available from canteen in packs of 50. These are large and strong enough to contain lunch orders! \$4.00
- Clean new bag must be supplied with each order No used bags (Health Regulations)

Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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- Canteen preferred lunch bags are available from canteen in packs of 50. These are large and strong enough to contain lunch orders! \$4.00
- Clean new bag must be supplied with each order No used bags (Health Regulations)

Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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- Clean new bag must be supplied with each order No used bags (Health Regulations)

Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Capteen Menu (Effective August 2014)

Closed Tuesdays

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Lunchtime Classics

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Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

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Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
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Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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 BAG MUST BE PRODUCED TO COLLECT ITEM.
- PAPER BAG (if not supplied with order) \$0.10
- Canteen preferred lunch bags are available from canteen in packs of 50. These are large and strong enough to contain lunch orders! \$4.00
- Clean new bag must be supplied with each order No used bags (Health Regulations)

Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

Snacks, drinks, fruit and freezer items listed above are all available over the counter at recess and lunch time. There are also small snack biscuits or crackers for children with only 5- 20 cents to spend. Maximum quantities of these (50c) will be enforced in order to enable all children to buy these items. "Special" items such as hot soup, frozen Milos, jelly and garlic bread will be available occasionally for purchase.

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- Canteen preferred lunch bags are available from canteen in packs of 50. These are large and strong enough to contain lunch orders! \$4.00
- Clean new bag must be supplied with each order No used bags (Health Regulations)

Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

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Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

Fruit Stick Icypole	\$1.00
Wildberry Juicee (100% Juice)	\$1.10
Frozen Juice Cup	\$1.20
Moozie – Frozen Milk	\$2.00
Dixie Cup – vanilla	\$2.00
Frozen Yoghurt	\$2.00

Over the counter:

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Capteen Menu (Effective August 2014)

Closed Tuesdays

Enquiries canteen: 9568 1300

Lunchtime Classics

Available as Sandwich, Tortilla Wrap or Roll (Roll = 70 cents extra) - all on Wholemeal

Vegemite	\$3.00
Sliced Ham	\$4.00
Sliced Chicken	\$4.00
Tuna	\$4.00
Salad (Seasonal vegies)	\$4.00
Egg and Lettuce	\$4.90
Roast Chicken	\$4.90

Add Lettuce, Cheese, Tomato, Carrot, Cucumber (20 cents each) Add Avocado (50 cents) State whether salt, pepper, mayo required (no extra charge)

Extra fillers: Scrolls / Muffips

Cheese & Vegemite Scroll	\$2.30
Ham & Cheese Scroll	\$2.30
Home Made Muffin:	
- Chocolate or Blueberry	\$2.00
Homemade ANZAC cookie	\$0.50
Fruit of the day	\$1.20

Fresh Sushi Rolls

Tuna & Mayonnaise	all	\$2.80
Chicken Teriyaki		
Beef Teriyaki		
Smoked Salmon & Avocado		
Vegetarian (V)		
Plain (V)		
(Tomato, Soy Sauce or Wasa	bi 20 c	ents extra)

Winter Warmers:

Ripping Wraps:	
Served in a tortilla wrap	\$5.00

Crumbed Chicken Tenderloin with lettuce and your choice of sauce (BBQ, Sweet Chilli or Mayo)

Crumbed Fish Fillet with lettuce and your choice of Tartare Sauce or Mayo

Toasted Foccacias:

Cheese	\$4.00
Cheese & Tomato	\$4.20
Ham & Cheese	\$4.50
Ham, Cheese & Tomato	\$4.70
Roast Chicken, Avocado & Cheese	\$5.50

Vegetarian Options....

Salad Box with Caesar Dressing (1 st & 4 th term only)	\$5.00
Sweet Corn Cobb	\$2.00
Macaroni & Cheese	\$5.00
Margarita Pizza	\$4.00
Spinach & Ricotta Roll (hot)	\$4.20
Vegetable Pastie	\$4.40
Baked Potato with cheese Or add your choice of:	\$4.00
- corn	\$4.20
- tuna (not quite vegetarian)	\$4.50
- tuna & corn	\$5.00

More Meaty Lunches for the very hungry...

Burgers (served on wholemeal roll): Cheese Burger: low fat beef pattie with 2 slices of cheese and sauce	\$5.00
Maxi Burger: low fat beef pattie with lettuce, cheese, tomato & sauce Chicken Burger: 2 x crumbed	\$5.30
tenderloins with lettuce and mayo	\$5.30
Sweet & Sour Chicken with Rice Lasagne Spaghetti Bolognaise Small Beef Pie (Mrs Macs) Potato Topped Beef Pie Party Pie Party Sausage Roll Sausage Roll (large)	\$5.00 \$5.00 \$5.00 \$3.20 \$4.00 \$1.40 \$1.40 \$3.30
Hot Dog Pizza – Hawaiian	\$3.50 \$4.50
Pizza – BBQ Chicken	\$4.50

Popcorn	\$1.00
Mamee Noodle Snacks	
(Chicken or BBQ)	\$1.00
Vege-Chips	\$1.50
Grain Waves (Sour Cream & Chives)	\$2.00
Red Rock Chips	
(Honey Soy Chicken or Sea Salt)	\$2.00
Apple, Sultana or Strawberry Snaps	\$0.60
Fruit Nuggets	\$1.00
Raspberry Liquorice Strap	\$1.70

Drinks:

Nippys Milk 250ml	
*Chocolate, Strawberry or Honeycomb	\$2.20
Fresh (Plain) Milk Cup	\$1.50
Milo (Hot or Cold)	\$2.00
100% Popper Tetra Juices	
– Apple, Orange, App/Blackcurrant	\$1.80
Focus Sportswater (350ml)	
Fruit Tingle, Raspberry,	
Blackcurrant or Lemonade	\$2.50

From the Freezer.....

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