

Canteen Manager: Jeanette Waters Phone: 88211254 Mobile: 0488222699

(g) gluten free (v) vegetarian (d) dairy free. Options available upon request

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Baked Potato Hawaiian Bolognese Pizza \$7.50 extra \$0.90 - coleslaw, sour cream	Pizza Ham & Pineapple Cheese & Bacon Supreme \$4.00 Meal Deal Pizza & Box Drink \$6.60	Chicken Yiros Mixed Lettuce, Red Onion, Garlic Sauce, Tomato and Cheese \$8.20	Hot Dog Tomato Sauce, BBQ, Mustard or No Sauce \$4.50 Cheese & Sauce \$5.10 Meal Deal Hot dog w Sauce \$6.60 OR Cheese & Sauce \$7.20 (with Juice or Oak) ½ hotdog w sauce \$2.20	Chicken Stirfry Chicken, Assorted Seasonal Vegetables, Soy Sauce, Garlic & Chilli \$7.50

Salads

Junior Salad (v)(g) \$5.00 lettuce, cucumber sticks, carrot sticks, celery sticks, cheese and cherry tomatoes.	Garden Salad (v)(g) \$5.00 lettuce, cherry tomatoes, cucumber, capsicum, carrot, plus mayo or vinaigrette
Chicken Caesar Salad (v,g) \$8.20 chicken, egg, parmesan cheese, bacon, crouton, cos lettuce & our own caesar dressing	Fish Fillet & Salad \$10.20 Fish fillet with coleslaw, garden salad, lemon and tartare

Dressings & Sauces

\$0.60 - vinaigrette, mayo, tomato, BBQ, american mustard, soy, sweet chilli	\$0.90 - sour cream, salsa, caesar, tartare
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Meal Deals

Chicken Wedges Meal Deal \$7.10 4x chicken wedges & juice or oak	4 Chicken Nugget Dipping Pack 4x nuggets, bread & sauce \$4.50
4 Chicken Nugget \$6.60 4x nuggets, sauce & box drink	6 Chicken Nugget \$8.60 6x nuggets, sauce & box drink
8 Chicken Nuggets \$10.60 8x nuggets, 2 sauce & drink	Burger & Drink Meal Deal \$9.10 chicken or beef burger & box drink

Hot Food

Snack Pie \$2.00	Hash Brown (v) \$1.60
Crumbed Fish Fillet \$3.60 Add lemon 60c or tartare 90c	Sausage Roll \$4.10
Beef Pie \$6.10	Vegetable Pasty (v) \$6.10
Quiche \$4.10 ham, cheese & tomato	Quiche & Garden Salad \$9.10
Hot Ham & Cheese Roll \$6.00	2min Chicken Noodles \$4.00
2min Beef Noodles \$4.00	Pizza Scroll \$3.30
Ham & Cheese Croissant \$4.60	Chiko Roll \$3.50
Nachos \$5.00	Fried Rice \$4.00
Tuna Mornay with Pasta \$8.20	Coconut Chicken Curry \$8.20
Chickpea & Pumpkin Satay \$8.20	Pizza Pocket \$3.30
Garlic Bread \$2.00	

R-6 Only

Junior Beachbox \$8.60 4x nuggets, junior salad, quelch	Junior Chicken Burger \$5.60 with lettuce & mayo
Junior Beef Burger \$5.60 with cheese & sauce	Junior Ham & Cheese Roll \$4.50
Junior Chicken Wrap mini wrap with crumbed chicken, tomato, lettuce & mayo	Mini \$6.20 Large \$8.20

Sandwiches, Roll & Wraps

Cheese Sandwich \$3.00	Vegemite Sandwich \$3.00
Ham & Cheese Sandwich \$3.50	½ Baguettes - CLM or Ham \$3.80
Build your own Roll/Wrap	Sandwich \$5.50 white or multigrain (+3 fillings)
Turkish Bread \$6.50 (+3 fillings)	Wrap \$6.00 white, multigrain, g/free (+3 fillings)
Baguette \$6.50 white (+3 fillings)	Meat Choices: ham, chicken, turkey, tuna, corned beef
Salad/Extra Choices: +\$0.60 - lettuce, tomato, red onion, cucumber, carrot, cheese, pineapple, gherkin, beetroot +\$0.90 - avocado, egg	

Wild Wraps

Chicken Caesar Wrap (v) \$8.20 chicken, bacon, parmesan cheese, lettuce & caesar dressing	Fish Wrap \$8.20 fish, lettuce, tomato, cucumber & tartare
Chicken Tender Wrap \$8.20 chicken, lettuce, tomato & mayo	Yiros Wrap \$9.20 lamb yiros, lettuce, tomato, cucumber, cheese & garlic sauce
Falafel Wrap \$9.20 falafel, lettuce, tomato, cucumber, cheese & garlic sauce	

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Pasta

Macaroni & Cheese (v)	\$3.50
Spaghetti Bolognaise	\$6.20
Beef Lasagne	\$6.20
Vegetable Lasagne (v)	\$7.20

Brilliant Burgers

Chicken Burgers	
lettuce & mayo	\$6.60
bacon, lettuce & tomato	\$7.10
Beef Burgers	
cheese & sauce	\$6.60
lettuce, tomato, cheese & sauce	\$7.10
Fish Burger	
lettuce, tomato & tartar	\$7.10

Ice Creams & Ice Blocks

Quelch (R-6 only)	\$0.90
OJ or Apple Cup	\$1.30
Juices	
Tropical	
Apple and Blackcurrant	
Moosies	\$2.00
Chocolate	
Blue Moon	
Icy Twist	\$2.00
Mini Callipo	\$2.00
Golden North Ice Cream	\$2.50
Frozen Yoghurt	\$3.00
Raspberry	
Mango	

Drinks

Milk Drinks

Oak Box 200ml	\$2.90
Chocolate	
Strawberry	
Nippy's Iced Milk 250ml	\$2.90
Chocolate	
Honeycomb	
Strawberry	
Bluey's Milk 250ML	\$2.90
Chocolate	
Strawberry	
Nippy's Iced Milk 375ml	\$3.90
Chocolate	
Honeycomb	
Strawberry	
Up & Go	\$3.20
Banana	
Strawberry	
Chocolate	
Vanilla	

Juice

Nippy's Fruit Box 250ml	\$2.90
Orange	
Apple	
Apple & Blackcurrant	
Nippy's L/L Juice 350ml	\$3.90
Orange	
Apple	
Apple & Blackcurrant	

Water

Bottle of Water 600ml	\$1.70
Bottle of water 1.5L	\$3.30
<u>Slushies - Various Flavours</u>	
Small	\$1.20
Big	\$2.20

Snacks

Red Rock Chips	\$1.70
JJs Rice Snacks	\$1.70
Grainwaves	\$1.70
Popcorn	\$1.20
Mamee Noodles	\$1.20
Tiny Teddies	\$1.20
BBQ or Pizza Shapes	\$1.20
KTime Bars	\$1.70

Dairy

Paul's Vanilla Custard	\$2.60
Bega Stringers	\$1.80

Fruit

Fruit Salad Tub	\$1.80
Fresh Fruit Salad	\$4.20
Fresh Fruit	\$1.80
Apple, Banana, Pear, Orange, Kiwi	

Freshly Baked

Fingerbun	\$2.00
Buttered or plain	
1/2 Fingerbun	\$1.00
Homemade Muffin	\$2.00
Chocolate Biscuit	\$1.80

Recess

(can also be ordered for lunch)

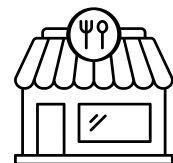
Pizza Pocket	\$3.30
Toasties	
Bread	\$2.20
Roll	\$2.70
Pizza Scroll	\$3.30
Nachos	\$5.00
Bacon & Egg Muffin	\$3.10
Buttered Roll	\$1.00



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The canteen menu aims to provide healthy and nutritious food and drinks, consistent with the Department for Education's Right Bite healthy eating guidelines.



Canteen Volunteers

Come in and help us out!
Your kids will love you for it.
Lunch & drink supplied.