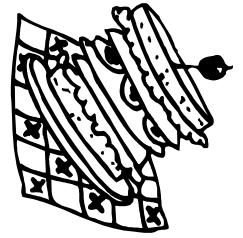


Term Four, 2019 Canteen Menu



Fruit Salad made from seasonal fruit

Small cup.....	\$3.00
Large.....	\$4.50

Small Salad Wrap	\$4.00
Large Salad Wrap	\$6.00
Salad Focaccia.....	\$6.00
Salad Sandwich.....	\$5.00

Bespoke Salad..... \$5.50

Filling Options: avocado, capsicum, carrot, cheese, chickpeas, cucumber, egg, free-range ham, mesculin mix, poached chicken, red onion, semi-sundried tomatoes, tomato and tuna (same filling options available for salad wraps)

Dressing Options: creamy dressing, French, Italian and mayonnaise.

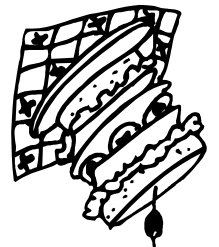
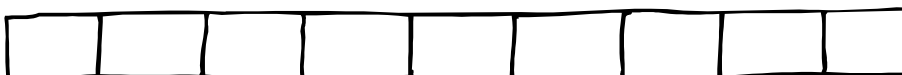
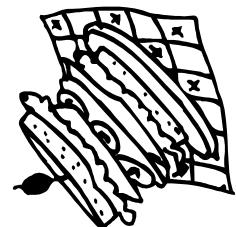
Toasted Sandwiches

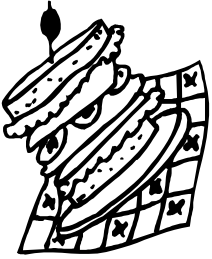
1 filling.....	\$3.60
2 fillings	\$4.00
3 fillings.....	\$4.50
Additional fillings	\$0.50 ea

Bread options: white and wholemeal. Gluten free available \$1 extra.

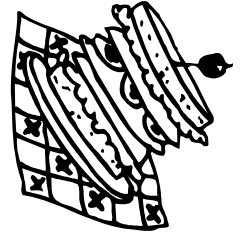
Fillings: avocado, capsicum, carrot, chicken, cheese, cucumber, egg, ham, lettuce, red onion, semi-sundried tomato and tomato. American mustard, BBQ sauce, mayonnaise, relish or tomato sauce

Ciabatta (1 filling)	\$4.50
Herbed Focaccia (1 filling)	\$4.50
Additional fillings	\$0.50c ea





Term Four, 2019 Canteen Menu



HOT OPTIONS

- Garlic Bread \$2.00
- Cheese and Garlic Ciabatta.....\$3.00
- Ham and Cheese Ciabatta..... \$4.50

- Burgers..... \$5.50
- Chicken: focaccia bun, lettuce, tomato, cheese and mayonnaise
- Veggie: focaccia bun, lettuce, tomato, cheese and mayonnaise
- Plain (burger only, no fillings) \$5.00

- Hot Food Containers..... \$5.00

- Fried Rice* (gluten free) (bacon, egg omelette, spring onion, peas, corn, capsicum, soy sauce)
- Vegetarian Fried Rice* (gluten free) (egg omelette, spring onion, peas, corn, capsicum, soy sauce)

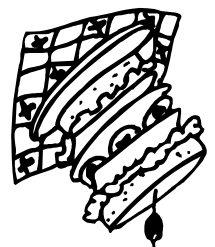
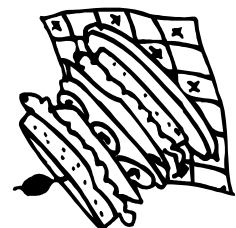
* rice is steamed, not fried and no oil is used.

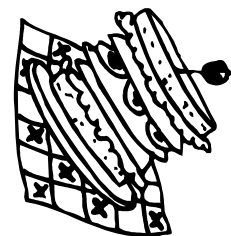
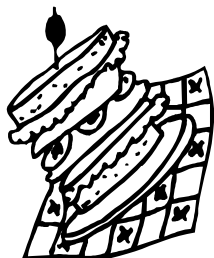
- Vegetarian Pasta (napoli sauce, herbs and cheese)
- Vegetarian Gluten Free Pasta (napoli sauce, herbs and cheese)..... \$6.00

- Wedges (gluten free) \$4.80
- Nachos (gluten free) with salsa and cheese..... \$5.00
- Sour Cream \$0.70
- Guacamole..... \$1.00

Pies (National Pies)

- Lunch Pie \$4.00
- Chicken and Camembert \$5.00
- Curried Chicken \$5.00
- Pastie \$4.00
- Tandoori Vegetable Pastie \$4.00
- Party Sausage Roll \$2.20
- Party Pies (beef, chicken camembert, curried chicken, cottage)..... \$2.20





Term Four, 2019 Canteen Menu

Drinks

Water.....	\$2.00
Quench drinks (raspberry, blue heaven, lemon-lime).....	\$3.00
Hartz Mineral Water (raspberry, lime, lemonade).....	\$3.00
Iced Tea (peach, raspberry, mango, lemon).....	\$4.50
Juicy Isle Orange Juice	
small.....	\$3.30
large.....	\$4.10
Pop Top Juice (orange, apple, apple-blackcurrant).....	\$3.00
Ribena Blackcurrant Juice	
small.....	\$2.00
large.....	\$4.50
Nippy's Milk (chocolate, strawberry)	
small.....	\$3.30
large.....	\$4.10
Milkshakes (gluten free) (made with ice cream).....	\$5.00
Available flavours: caramel, chocolate, lime, milo, strawberry, vanilla	

Ice creams & Icy poles

Iced Mony (some gluten free).....	\$1.00
Icy Poles (raspberry, lemonade).....	\$1.25
Billabong.....	\$1.60
Frosty Fruit.....	\$2.20
Lifesaver.....	\$2.20
Milo.....	\$3.00
Proud as Punch (gluten free and vegan).....	\$3.00
Jelly Cups.....	\$1.00

Please check the Specials Board for additional items

There are no variations to the menu.

All pastry products are from the canteen approved Smarty Pie range - lower in fat and salt. Meat pies contain vegetable.

