



## 2019 Canteen Menu

### Hot Food/Sushi

- \$4.50 Homemade Spaghetti Bolognese
- \$3.80 Chook'd breast meat patty chicken burger with lettuce and mayo
- \$3.80 Homemade Pizza, Baker's Delight base with ham, cheese, pineapple (**Fridays only**)
- \$3.50 Mini Sushi boxes (Avocado/Tuna/Cucumber/Salmon)
- \$3.50 Sushi rolls (Teriyaki chicken/Avocado/Tuna/Tuna and avocado/Salmon/Chicken schnitzel)
- \$3.50 Homemade "Taco Thursdays", wrap, beef mince, lettuce, tomato, carrot, and cheese
- \$2.90 Rice paper rolls (Chicken salad/Tofu vegetable)
- \$2.50 Mrs Macs 120g "Good Eating" pie
- \$2.50 Mrs Macs 120g "Good Eating" sausage roll
- \$1.80 Chook'd crumbed chicken breast nuggets (x 3 pieces)
- \$1.80 Steamed Dim Sims or Vegetable or Pork Gyozas (**Wednesdays only**)
- \$1.50 Homemade Garlic bread, Baker's Delight roll with garlic butter
- \$1.50 Baker's Delight bacon and cheese roll (**Fridays only**)
- \$1.00 Rice in a cup (**Wednesdays and Thursdays only**)

### Sandwiches/Wraps

- \$3.00 BBQ shredded chicken (add salad for a \$1)
- \$3.00 Ham (add salad for a \$1)
- \$3.00 Tuna (add salad for a \$1)
- \$3.00 Salad
- \$2.20 Cheese (add salad for a \$1)
- \$2.00 Vegemite
- \$2.00 Honey

### Toasted

- \$3.50 Ham, cheese, and tomato
- \$3.20 Ham and cheese
- \$2.50 Cheese
- \$0.50 Raisin toast (per slice)

### Salads

- \$4.50 BBQ shredded chicken
- \$4.50 Ham
- \$4.50 Tuna
- \$3.50 Salad
- \$2.50 Mini Salad

### Snacks

- \$2.00 Yoplait vanilla yoghurt pots
- \$1.00 Fruitwise fruit straps – 100% fruit
- \$1.00 Ovalteenies
- \$1.00 Piranha Vegie chips (honey soy)
- \$1.00 Red Rock chips (plain)
- \$1.00 Koala Popcorn (lightly salted)
- \$0.50 Homemade choc chip muffins (contains eggs)
- \$0.20 Corn cakes with vegemite

### Fruit

- \$1.00 Slinky apple

### Drinks

- \$2.20 Flavoured Milk (Chocolate/Strawberry)
- \$1.80 Nudie Juice (Apple/Tropical)
- \$1.60 Full Cream Milk 300mls
- \$1.00 Spring Water 350mls

### Frozen

- \$2.50 Sorbet (Pomegranate/Lemon)
- \$1.50 Paddle pop (Chocolate/Rainbow)
- \$1.00 Homemade frozen mixed berry yoghurt
- \$1.00 Bulla Ice cream bucket – 98% fat free
- \$0.80 TNTs (Lemonade Fizz)
- \$0.50 Seasonal frozen fruit (Grapes/Pineapple/Watermelon)
- \$0.50 Quelch sticks – 99% fruit juice

### Sauces

- \$0.30 Balsamic vinegar and olive oil
- \$0.30 Italian

