


CANTEEN MENU

















= Healthy/ Everyday Food Choices

BREAKFAST






 Cereal with milk	\$2.00	 Fresh fruit salad	\$2.00
 Cheese toast	\$1.50	 Fresh fruit	from 80c
 Cheese & tom toast	\$2.50	 Fresh low fat yoghurt	\$2.50
 Flavoured milk	\$2.50	 Yogurt & muesli	\$2.50
 Cheese/meat pizza	\$2.50		

SANDWICHES - White or wholemeal (roll 50c extra)








 Salad & cheese	\$3.50	 Egg	\$2.50
 Salad	\$3.00	 Egg & lettuce	\$3.00
 Cheese	\$2.00	 Egg & cheese	\$3.00
 Chicken, lettuce & mayo	\$3.50	 Tuna	\$2.50
 Ham	\$2.50	 Tuna & lettuce	\$3.00
 Ham & cheese	\$3.00	 Cheese & lettuce	\$2.50
 Ham, cheese & tomato	\$3.50	 Cheese & tomato	\$2.50



FRESH WRAPS





 Salad & cheese	Lettuce, cheese, tomato, cucumber, carrot	\$4.00
 Fresh chicken	Fresh chicken, lettuce & mayo	\$4.00
 Ham	Ham, cheese & lettuce	\$4.00
 Egg	Egg, cheese, lettuce & mayo	\$4.00
 Tuna	Tuna, lettuce & grated cheese	\$4.00

FRESH SALAD BOXES




	Chicken salad	fresh chicken, tomato, lettuce, cucumber, carrot & mayo	\$4.00
	Tuna salad	tuna, lettuce, tomato, cucumber & mayo	\$4.00
	Greek salad	lettuce, tomato, cucumber, fetta, olives & balsamic vinegar	\$4.00
	Garden salad	crispy lettuce, tomato, cucumber, carrot & dressing (Balsamic vinegar or mayo)	\$4.00
	Caesar salad	egg, lettuce, croutons, parmesan cheese & Caesar dressing	\$4.00
	Chicken Caesar	fresh chicken breast pieces, lettuce, croutons, parmesan cheese and Caesar dressing	\$4.00
	Egg salad	Egg, beetroot, tomato, cucumber, lettuce, carrot & mayo	\$4.00

*ALL SALADS AND DRESSINGS CAN BE CHANGED TO SUIT YOUR PREFERENCE


PASTA

	Beef lasagne	\$4.00
	Chicken lasagne	\$4.00
	Macaroni & cheese	\$4.00
	Spaghetti Bol	\$4.00

PIZZA

	Cheese pizza	\$3.50
	Meat pizza	\$3.50
	Chicken pizza	\$3.50





HOME-MADE

	Penne Napolitano	\$3.50		Vegetarian fried rice	\$4.00
	Stir-fry vege & rice	\$4.00		Butter chicken	\$4.00
	Tuna pasta bake	\$4.00		Vegetarian Hokkein Noodles	\$4.00







BURGERS/ROLLS

	Chicken burger	\$4.00
	Fish burger	\$4.00
	Beef burger	\$4.00
	Cheese burger	\$4.00
	Chicken tender wrap	\$4.50
	Hotdog roll with sauce	\$3.50













FINGER FOODS

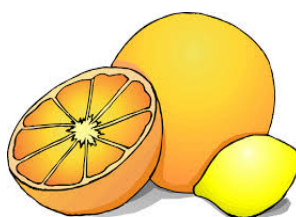
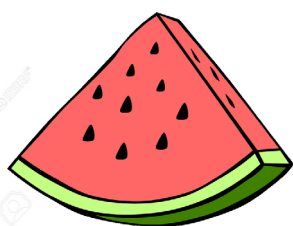
	Corn cob	\$1.00
	Baked chilli chicken	\$2.00
	Chicken nuggets	6 for \$4.50
	Baked wedges	\$3.50
	Baked popcorn chicken	\$4.50

DRINKS

 Flavoured school milk (chocolate, strawberry or banana)	\$2.50
 Water bottle	\$1.50
 Glee juice (tropical,grape or blackcurrant)	\$2.00
 Popper juice (apple/orange)	\$1.50
 Juice Flavoured water (Focus/Sparkling)	\$2.50
 Chill J juice (mango or grape)	\$2.00

COUNTER SALE SNACKS

 Pretzels	\$1.00	 Fresh fruit cups	\$2.00
 Rice crackers	\$1.00	 Yoghurt	\$2.50
 Popcorn	\$1.00	 Frozen juice cups	\$2.00
 Rice sticks	\$1.00	 Fresh Fruit	from 80c
 Sea Salt crisps	\$1.50	 orange pieces	20c
 noodles	\$1.00	 watermelon wedges	80c



*** ALL PRODUCTS ON THIS MENU ARE ENDORSED IN THE HEALTHY KIDS EATING AND NSW EDUCATION HEALTHY EATING GUIDELINES.**

*** ALL CHICKEN AND MEAT PRUDUCTS ARE HALAL APPROVED (except those stating ham)**