

Canteen Menu 2017

CANTEEN IS OPEN FROM 7:45 AM FOR BREAKFAST & ORDERS. \$5 Daily meal deals must be pre ordered before school. G/F and Vegetarian options are available for most things but must be pre ordered before school so it can be made. Bags are available. No heating of food or hot water in noodle cups allowed. *Canteen prices on the menu are correct at time of printing, prices are subject to change without notice.*



BREAKFAST

Thick cut Raisin Toast	\$3.00
Toast with Jam, Vegemite etc.	\$2.50
Banana Bread	\$3.00
Hash Brown	\$1.00
Brekkie Wrap	\$4.00
Breakfast Smoothie	\$4.00

Breakfast SPECIAL* \$5.00

*toasted sandwich + popper/milk



SNACKS

Yogurt Muesli	\$2.50
Choc Chip Cookie	\$2.00
G/F Cookies/Cake	\$3.50
Muffins	\$3.50
Jelly cups	\$2.00
Cheese & crackers	\$2.50
Pieces of Fruit	\$1.00
Fresh Fruit Salad (Seasonal)	\$3.00(L) \$2.00(S)

SANDWICHES

*WHOLEMEAL, WHITE BREADS,
ROLLS, WRAPS
G/FREE WRAPS AVAILABLE

Ham, cheese & tomato	\$4.00
Egg & Lettuce	\$4.00
Curried Egg	\$4.00
Salad	\$4.00
Ham / Chicken salad	\$4.00
Chicken & Avocado	\$4.00
Lavash Wraps	\$5.00
Sushi / Vietnamese Rolls	\$3.50
Toasted Sandwiches	\$4.00



SALADS

Salad Tub	\$4.50
Meat & Salad	\$5.00
Chicken Caesar Salad	\$5.00
Roasted Vege/Quinoa	\$5.00



HOT FOOD



Sausage Roll	\$3.30
Pie	\$4.20
Potato Pie	\$4.50
Hotdog / with cheese	\$3.50
Chicken Goujons (6)	\$3.00
Nachos	\$3.50
Burger— Hamburger, Cheese & chicken	\$4.50
Veggie Burger	\$4.50
Kebab chicken/beef	\$5.00
Hot Chicken wrap	\$5.00
Pizza 6"	\$5.00
Wedges oven baked	\$4.00
Low fat Sour Cream & Sweet Chilli Sauce	
Sauce Sachets	30c



TOASTIES

Chicken & cheese Focaccia	\$5.00
Bacon & cheese	\$5.00
Chicken Caesar Turkish	\$5.00

DRINKS

Poppers 100% juice	\$2.00
Plain Milk 600ml	\$2.50
Up n Go Brekkie 250ml	\$2.50
Flavoured milk 300ml	\$2.50
Flavoured milk 500ml	\$4.00
Water 600ml	\$2.00
Pump water 750ml	\$3.50
Water 1litre	\$4.00
Vitamin Water 450ml	\$4.00
Sparkling Mineral Water	\$3.00
Iced Tea	\$4.00
Glee 250ml	\$2.00
G/ Valley 100% fruit	\$3.50
Sparkling Lite Mineral Water	\$3.50

(apple /raspberry)



ICE BLOCKS

Zooper Dooper	50c
Icy Twist/ Cyclone	\$1.50
Paddle Pop	\$2.00
Frozen Yogurt	\$2.50



Our Canteen provides Health Choices under the guidelines of the Smart Choice/Healthy Choice Standards of Education Qld. **Green Healthy Choice** **Amber: Eat in moderation** **Red: Eat Occasionally**

2017 TERM 1 \$5 daily meal deal **MONDAY** 7" small chicken wrap, 150ml popper & small fruit tub **TUESDAY** Sushi, 250ml water & jelly cup **WEDNESDAY** ham & cheese toastie, small flav milk & icy twist ice block

THURSDAY Pizza rounda, 250ml water & jelly custard cup **FRIDAY** Mini cheeseburger, 150ml popper & small fruit tub

TERM 1 \$4.50 HOT DAILY SPECIAL **MONDAY** pasta carbonara. **TUESDAY** butter chicken & rice **WEDNESDAY** spaghetti bolognaise **THURSDAY** honey soy chicken noodles **FRIDAY** Fried Rice