



CANTEEN MENU 2020

Open Tuesday & Friday, recess & lunch

SANDWICHES & WRAPS

Vegemite	\$2.00
Cheese	\$2.00
Ham, cheese & tomato	\$3.50
Ham & salad	\$4.50
Egg & lettuce	\$3.50
Cheese & salad	\$4.00
Roast chicken, lettuce & mayonnaise	\$4.00
Roast chicken & salad	\$4.50

- White or wholemeal bread, request if no butter
- Salad: tomato, cucumber, carrot & lettuce
- Beetroot available on request

HOT FOOD (Lunch only)

Party pie – Mrs Mac’s good eating	\$1.10
Sausage roll – Mrs Mac’s good eating	\$2.80
Vegetable pastie	\$4.00
Hot dog (skinless)	\$3.20
with sauce	\$3.40
Steamed dim sim (with/without soy sauce)	\$1.00
Chicken schnitzel, lettuce & mayo burger	\$4.50
Toasted focaccia	\$5.50
<i>chicken, cheese, baby spinach, mayo or ham, cheese, tomato</i>	
Chicken-breast nuggets (6)	\$3.50
Bacon, egg & cheese muffin	\$3.20
Nachos	\$4.00
with sour cream	\$4.50
Homemade zucchini slice	\$4.00
Homemade fried rice	\$4.00
Homemade spaghetti bolognese	\$4.00

SALAD PACKS

Garden salad small	\$2.50
<i>tomato, cucumber, carrot, lettuce</i>	
Large salad tub	\$4.00
<i>tomato, cucumber, carrot, lettuce, cheese, boiled egg</i>	
with ham, roast chicken or tuna	\$5.50

- Italian dressing available on request
- Beetroot available on request

SNACKS

Yoghurt cup with muesli	\$1.00
<i>vanilla</i>	
Carrot sticks	\$0.50
with tzatziki or hummus	\$1.50
Hard boiled egg	\$0.80
Piece of fruit	\$1.00
<i>apple, orange or banana</i>	
Plain popcorn	\$1.00
Homemade Milo cookie	\$1.80
Veggie chips	\$1.20
Red Rock Deli chips	\$1.20
<i>sea salt, sweet chilli & sour cream or honey soy</i>	
<i>chicken</i>	
Cheese & crackers	\$2.00

DRINKS

Just Juice Prima, 99% fruit juice	\$1.50
<i>paradise punch, apple or orange</i>	
Nippy’s low fat milk	\$2.20
<i>chocolate, strawberry or honeycomb</i>	
Quench spring water	\$2.00
<i>apple raspberry, lemon lime or lemonade</i>	
Bottled water	\$1.20

FROZEN

Pineapple ring	\$0.50
Moosies milk freeze	\$1.50
Quelch icypole, 99% fruit juice (Terms 1 & 4 only)	\$1.00

DIETARY OPTIONS (Lunch only)

DF party pie	\$1.10
DF chicken nuggets	\$3.50
GF Nachos	\$4.00
with sour cream	\$4.50
GF zucchini slice	\$4.00

- GF: Gluten-free
- DF: Dairy-free

TO ORDER:

- Write *Name, Class* and *Order* on a paper bag or envelope
- No staples
- Correct money appreciated

PLEASE NOTE:

- Tomato sauce \$0.20 extra
- Brown lunch bag \$0.10 extra



For canteen updates & catering enquiries, follow Simply Cooking 12



Or email simplycooking@live.com