

K-12 CANTEEN MENU AND PRICE LIST – TERM 4, 2022

SANDWICHES & SUMMER SALADS

Toasted or Untoasted on Wholemeal Bread ONLY

Ham & cheese toastie	\$3.00
Chicken & cheese toastie	\$3.00
Cheese toastie	\$2.50
Vegemite sandwich	\$2.00
Ham or chicken salad sandwich	\$4.50
Egg & lettuce sandwich	\$3.00
Vegetarian salad sandwich	\$4.00
Chicken Caesar salad	\$5.00
Salad Cup	\$1.00

SMART CHOICES

GREEN	EVERYDAY FOOD
AMBER	SOMETIMES FOOD
RED	VERY OCCASIONAL FOOD



WRAPS & ROLLS

Full \$6.00 OR Half \$3.50 Wraps - \$5.00 Rolls

Tortilla wrap with chicken or ham, salad, and choice of sauces: chipotle, sweet chili, or plain

Pitta pocket filled with shredded lettuce chicken, avocado tomato hummus, and chipotle sauce \$5.00

Toasted ham cheese tomato and avocado roll \$5.00

FRESH FRUIT

Seasonal whole fresh fruit	\$0.50
Watermelon slice	\$0.80



HOT LUNCH

Party pie	\$1.00
Curried chicken pie - large	\$4.50
Corn coblette	\$1.00
Oven-baked chicken nuggets (per piece)	\$0.50
Pizza pocket	\$3.00
Spaghetti Bolognese (Small serve 3.00)	\$5.00
Mini Quiche – ham & cheese	\$1.50
Macaroni and cheese balls (per piece)	\$1.00



SNACKS

Salad cup: carrot celery cherry tomato lettuce	\$1.00
Cheddar cheese & biscuits	\$2.00
Fruit yoghurt cup	\$2.00
Frozen yoghurt (raspberry or mango)	\$2.50
Vegie sticks (carrot, celery, capsicum) with dip	\$2.50
Quelch frozen fruit sticks (99% fruit)	\$0.80
Fruit jelly	\$0.50
Raspberry muffin	\$2.00
Carrot cake	\$1.50



HOT POT SPECIAL- TUE/WED ONLY \$7.00

SOUPS from 17/10 to 09/12/2022 \$4.00

VARIOUS SALADS from 12/12 to 21/12/2022
(Hot Pot & Salads change weekly - see Specials page) \$5.00

DRINKS

Water	600ml	\$2.00
Water	750ml Pop Top	\$3.00
Fresh Milk	300ml Bottle	\$1.50
Nippys Milk (Strawberry, Chocolate, Honeycomb, Banana)	375ml	\$2.50
Nippys Milk (Strawberry, Chocolate, Honeycomb)	250ml	\$2.00
Fruit Juice (99% fruit) (Orange, apple, apple & blackcurrant)	250ml	\$2.00

RECESS SNACKS K - 5

Cheese + crackers	\$2.00
Hot cheese roll	\$1.50
Fruit yoghurt cup	\$2.00
Apple crumble & custard	\$2.50
Seasonal whole fruit	\$0.50
Veggie sticks (carrot, celery, capsicum) with dip	\$2.50
Watermelon slice	\$0.80
Raspberry muffin	\$2.00
Carrot cake	\$1.50
Hot milo	\$2.00



AFTER LUNCH TREATS K - 5

Frozen yoghurt (raspberry or mango)	\$2.50
Fruit jelly	\$0.50
Quelch frozen fruit sticks (99% fruit)	\$0.80