

# K-10 CANTEEN MENU AND PRICE LIST – TERM 1 2023

## 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 chilli or plain

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 Cobbette	\$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



## 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
Veggie sticks 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

## VARIOUS SALADS

\$5.00  
(Hot Pot and salads change weekly, see front page with specials)

## 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 - 6

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 - 6

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