

## Hot Food

Homemade Vegetable Lasagne	\$4.00
Homemade Beef Lasagne	\$4.00
Homemade Macaroni & Cheese	\$4.00
Homemade Penne Napoletana	\$4.00
Homemade Cheese Pizza	\$3.50
Homemade Ham & Pineapple	\$4.00
Homemade BBQ Chicken Pizza	\$4.00
Homemade Pepperoni Pizza	\$4.00
Homemade Chicken Hokkien Honey Soy Noodle	\$4.00
Homemade Chicken Fried Rice	\$4.00
Mamee Noodles (Chicken or Beef)	\$3.00
Halal Beef Pie	\$3.80
Traveller Beef Pie	\$3.50
Party Pie (lite)	\$1.00 each
Premium Chicken Nuggets	\$0.70 each
Fish Fingers	\$0.60 each
Wedges	\$2.50
Cheese Roll 75g (served warm)	\$2.00
Cheese & Ham Roll 75g (served warm)	\$2.00
Cup of Corn 75g	\$1.00
Hot Dog <b>(Friday Only)</b>	\$3.00
With cheese	\$3.50
Party Pack <b>(Friday Only)</b>	\$5.00
2 Chicken Tenders, Popcorn, Fairy Bread and choice of iceblock, small fruit cup or piece of fruit	

## Drinks

Water 300ml/600ml	\$1.00/\$1.50
Juice Poppers 250ml	\$1.50
Apple, Orange	
Milk 300ml Lite	\$2.50
Chocolate, Strawberry	
Up & Go 250ml	\$2.50
Chocolate, Banana, Vanilla	
Chill J 250ml	\$2.00
Chillin' Cola, Groovy Grape, Rippin' Raspberry	
Juice Bomb 250ml	\$2.50
Various Flavours	

## Snacks

Fresh Fruit	\$1.00
Fresh Fruit Cup (seasonal fruit)	\$2.50
Veggie Sticks (carrot & Cucumber)	\$1.00
with hummus	\$1.50
Yoghurt	\$1.00
Homemade Jelly Cup (lite)	\$1.00
with custard (lite)	\$1.00
Custard Cup	\$1.00
Homemade Baked Treat	\$1.00
Corntos	\$1.00
Sunbites Grain Waves 28g	\$1.50
Sour Cream & Chives	
Red Rock Deli 28g	\$1.50
Sea Salt	
Popcorn 25g	\$1.50

## Ice Blocks


Homemade Frozen Yoghurt Pop	\$0.50
Berri Quelch (4 Flavours)	\$1.00
Mony Freeze Pops	\$1.00
Lemon Ice, Sour Ice Blue Raspberry, Sour Ice Red Berry Blast	
Frozen Fruit Cup	\$1.00
Apple & Blackcurrant	
Moosies	\$1.50
Blue Moon	
Paddle Pop	\$2.00
Chocolate, Rainbow	
Twisted Frozen Yoghurt	\$2.50
Yowie	\$3.00

## Condiments & Extras

Sauce	\$0.20c
Tomato, BBQ, Sweet Chilli	
Fork & Spoon	\$0.10c
(free when served with food from canteen)	



# CANTEEN MENU 2020

 For a fast, secure, convenient way to order and pay for your child's lunch we are pleased to be able to offer online ordering with Flexi schools. [www.flexischools.com.au](http://www.flexischools.com.au) to register.

## Notes

Our menu has passed the NSW Healthy School Canteen Strategy.

If you have any dietary requirements please come and speak to us at the canteen.

We are sorry but food prepared outside the canteen will not be warmed up.

## Breakfast

Served from 8.30am until 8.55am

Cheese Roll (served warm)	\$2.00
Cheese & Ham Roll (served warm)	\$2.00
Cereal	\$1.00
Cheese Toastie (1/2 sandwich)	\$1.00
Ham & Cheese Toastie (1/2 sandwich)	\$1.00
Raisin Toast	\$0.50c per slice
Toast with vegemite or jam	\$0.50c per slice
Homemade Pizza Muffin	\$1.00
Homemade Sausage & Cheese Muffin (Thur & Fri only)	\$2.00
Homemade Sausage & Egg Muffin (Thur & Fri Only)	\$2.00
Homemade Banana Bread 85g (toasted with butter)	\$1.00
Zaatar	\$0.50c per slice
Fresh Fruit Cup	\$2.50
Fresh Fruit	\$1.00
Yoghurt	\$1.00

## Drinks

Water 300ml/600ml	\$1.00/\$1.50
Hot Chocolate	\$1.00
Juice Popper 150ml Apple, Orange	\$1.50
Milk 300ml Lite Chocolate, Strawberry	\$2.50
Up & Go 250ml Chocolate, Banana, Vanilla	\$2.50

**During breakfast regular menu options are not available.**

## Sandwiches

served on wholemeal unless requested other  
can be toasted on request

Cheese	\$2.00
Cheese & Tomato	\$2.50
Cheese & Salad	\$3.50
Chicken, Lettuce & Mayo	\$3.50
Chicken & Salad	\$4.00
Ham	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.00
Egg, Lettuce & Mayo	\$3.00
Tuna, Lettuce & Mayo	\$3.50
Salad (lettuce, tomato, carrot, cucumber & beetroot)	\$3.00
Baked Beans toasted jaffle	\$3.00
Spaghetti toasted jaffle	\$3.00
Vegemite	\$1.50
Strawberry Jam	\$1.50
Add Cheese, Avocado	\$1.00 each

## Wraps

	Full	Half
Salad	\$4.00	\$3.00
Ham & Salad	\$5.00	\$3.00
Chicken & Salad	\$5.00	\$3.00
Chicken (Schnitzel or grilled) with lettuce & mayo	\$4.50	\$3.00
Falafel with lettuce, tomato hummus & Spanish onion	\$5.00	\$3.00

## Toasted Wraps

	Full	Half
Cheese	\$2.50	\$1.50
Chicken, Cheese & BBQ sauce	\$5.00	\$3.00
Ham, Cheese & Pizza Sauce	\$5.00	\$3.00

## Salads

### Garden

(lettuce, tomato, carrot, cucumber, beetroot & salad dressing)

Add Chicken or Ham \$1 each

### Caesar

(lettuce, ham, parmesan cheese, croutons & Caesar dressing)

Add Chicken \$1 extra

### Greek

(tomato, cucumber, spanish onion feta cheese & olives)

### Chicken Mediterranean

(Chicken, baby spinach, tomato, spanish onion hummus served with Lebanese bread)

### Falafel

(Falafel, lettuce, tomato, hummus, spanish onion served with Lebanese bread)

Large	Small
\$4.00	\$3.00

\$5.00	\$3.50
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\$5.00	\$3.50
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\$5.50	\$4.00
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\$5.50	\$4.00
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## Burgers

### Homemade Hamburger

(lean beef, lettuce, tomato, beetroot & sauce)

### Homemade Cheeseburger

(lean beef, cheese & sauce)

### Homemade Chicken

(Grilled or Schnitzel, lettuce & mayo or garlic aioli)

### Fish Burger

(lettuce, mayo)

### Veggie Burger

(vegetable pattie, lettuce, tomato & sauce)

\$4.00

\$4.00

\$4.00

\$4.00

\$4.00