

## Hot Food

H/M Vegetable Lasagne	\$4.50
H/M Macaroni & Cheese	\$4.50
H/M Penne Napoletana	\$4.50
H/M Penne Bolognese	\$4.50
H/M Cheese Pizza	\$4.50
H/M Ham & Pineapple Pizza	\$4.50
H/M BBQ Chicken Pizza	\$4.50
H/M Pepperoni Pizza	\$4.50
H/M Chicken Fried Rice	\$4.50
Mamee Noodles (Chicken or Beef)	\$3.50
Roadie Beef Pie	\$4.00
Party Pie (lite)	\$1.50 each
Premium Chicken Nuggets	\$0.80 each
Fish Fingers	\$0.60 each
Wedges	\$3.50
Cheese Roll 75g (served warm)	\$2.50
Cheese & Ham Roll 75g (served warm)	\$2.50
Cup of Corn 75g	\$1.00
Garlic Bread (1/2 bread roll)	\$1.50
<b>Gluten Free Option</b>	
Chicken Tender	\$2.00
Beef Pie	\$5.50
Fried Rice	\$5.00
Pasta Bolognese	\$5.00

## Drinks

Water 300ml/600ml	\$1.50/\$2.00
Juice Poppers 250ml	\$2.50
Apple, Orange	
Milk 300ml Lite	\$3.50
Chocolate, Strawberry	
Up & Go 250ml	\$3.50
Chocolate, Banana, Vanilla	
Juice Bomb 250ml	\$3.00
Various Flavours	

## Snacks

Fresh Fruit Piece	\$1.00
Fresh Fruit Cup (seasonal fruit)	\$3.00
Veggie Sticks (carrot & Cucumber)	\$1.50
with hummus	\$2.00
Yoghurt	\$1.00
Homemade Jelly Cup (lite)	\$1.00
with custard (lite)	\$1.50
Custard Cup	\$1.50
Homemade Baked Treat	\$1.50
Corntos	\$1.50
Sunbites Grain Waves 28g	\$2.00
Sour Cream & Chives	
Red Rock Deli 28g	\$2.00
Sea Salt	
Popcorn 25g	\$1.50

## Ice Blocks

H/M Frozen Yoghurt Pop	\$0.50
Berri Quelch (4 Flavours)	\$1.00
Mony Freeze Pops	\$1.50
Frozen Fruit Cup	\$1.50
(Apple & Blackcurrant or Apple)	
Moosies	\$2.00
Paddle Pop	\$2.50
Twisted Frozen Yoghurt	\$3.50

## Condiments

Sauce	\$0.20c
Tomato, BBQ, Sweet Chilli,	
Mayo	



# CANTEEN MENU

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

Alternatively orders can be placed at canteen.

*A variety of items are available for sale on the counter at recess and lunch.*

*H/M Homemade*

*All meat products are Halal*

*When a child forgets/needs cutlery we will provide a metal fork/spoon, but this must be returned to canteen.*

**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.

## Breakfast

Served from 8.30am until 8.55am

Cheese Roll (served warm)	\$2.50
Cheese & Ham Roll (served warm)	\$2.50
Cereal	\$1.00
Cheese Toastie (1/2 sandwich)	\$1.00
Ham & Cheese Toastie (1/2 sandwich)	\$1.50
Raisin Toast	\$0.50c per slice
Toast with vegemite or jam	\$0.50c per slice
H/M Pizza Muffin	\$1.00
H/M Sausage & Cheese Muffin (Thur & Fri only)	\$2.50
H/M Sausage & Egg Muffin (Thur & Fri Only)	\$2.50
H/M Banana Bread 85g (toasted with butter)	\$1.50
Zaatar	\$0.50c per slice
Fresh Fruit Cup (seasonal fruits)	\$3.00
Fresh Fruit piece	\$1.00
Veggie Sticks (with hummus)	\$1.50/\$2.00
Yoghurt	\$1.00

## Drinks

Water 300ml/600ml	\$1.50/\$2.00
Hot Chocolate	\$1.00
Juice Popper 150ml Apple, Orange	\$2.50
Milk 300ml Lite Chocolate, Strawberry	\$3.50
Up & Go 250ml Chocolate, Banana, Vanilla	\$3.50

## Sandwiches

served on wholemeal unless white is requested.

All can be toasted upon request

Cheese	\$2.50
Cheese & Tomato	\$3.00
Chicken, Lettuce & Mayo	\$4.50
Chicken & Salad	\$6.50
Ham	\$3.00
Ham & Cheese	\$4.00
Ham, Cheese & Tomato	\$4.50
Egg, Lettuce & Mayo	\$3.50
Tuna, Lettuce & Mayo	\$4.00
Salad (lettuce, tomato, carrot, cucumber & beetroot)	\$5.00
Toasted Jaffle (Spaghetti or Baked Beans)	\$3.50
Vegemite	\$2.00
Strawberry Jam	\$2.00
Add Cheese, Avocado	\$1.00 each

## Wraps

	Full	Half
Salad	\$5.50	\$4.00
Ham & Salad	\$6.50	\$4.00
Chicken & Salad	\$7.00	\$4.50
Chicken (Schnitzel or grilled) with lettuce & mayo	\$5.50	\$4.00
Falafel with lettuce, tomato hummus & Spanish onion	\$6.50	\$4.00
Toasted Cheese	\$3.50	\$2.00
Toasted chicken, cheese & BBQ sauce	\$6.00	\$4.00
Toasted ham, cheese & pizza sauce	\$6.00	\$4.00

## Salads

### Garden

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

Add Chicken or Ham \$2 each

### Caesar

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

Add Chicken \$2 extra

### Greek

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

### Falafel

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

Large	Small
\$5.50	\$4.50

\$6.50	\$5.00
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\$6.50	\$5.00
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\$6.00	\$5.00
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## Burgers

### H/M Hamburger

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

### H/M Cheeseburger

(lean beef, cheese & sauce)

### H/M Chicken Burger

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

### Fish Burger

(lettuce, mayo)

### Veggie Burger

(vegetable pattie, lettuce, tomato & sauce)

\$5.00
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\$5.00
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\$5.00
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\$5.00
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\$5.00
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## Daily Specials

### Tuesday

Sushi – Teriyaki Chicken or Tuna \$4.50 per piece

### Wednesday

Nachos – Lean beef or Vegetarian \$5.50

### Thursday

Fish & Wedges \$5.50

### Friday

Hot Dog (+cheese) \$3.50/\$4.00

Halal \$4.00/\$4.50

