

# SCHOOL CANTEEN MENU

## Daily Deals

### MONDAY

#### Meatball Monday **\$8.00**

Italian style meatballs in a tomato sugo served on a sub roll with melted mozzarella

### TUESDAY

#### Cheezy Chicken Mornay **\$8.50**

Poached chicken & veggies in a creamy mornay sauce served with a side of oven roasted potatoes

### WEDNESDAY

#### Wacky Pizza Wednesday **\$5.50**

Double cheezy Margarita [v]  
| Bbq meatlovers | Happy Hawaiian

### THURSDAY

#### Born in the USA Burger **\$8.50**

Classic beef patty on a soft potato bun with lettuce, tomato, mayo & American cheddar  
[v option available]

### FRIDAY

#### Mexican Madness **\$8.50**

Tex Mex nachos with crunchy corn chips, pico de gallo, grated cheese, guacamole & sour cream & FriYay fiesta spirit!  
[gf, v options available]

## HEALTH RATING SYSTEM



Great foods for daily consumption balanced item of Energy, Vitamins & Minerals



Select carefully energy-based item / combine with a green item for minerals & vitamins




Only available on special days twice per term, large portion treat foods (Cupcakes/Sweet Pastries)

# SCHOOL CANTEEN MENU

## RISE N SHINE



<b>Freshly Baked Croissant</b>	<b>\$4.00</b>
<b>OPTIONS</b> honey   jam   cheese   tomato	
<b>Ham &amp; Cheese Croissant</b>	<b>\$6.00</b>
<b>Pain au Chocolat</b>	<b>\$4.00</b>
<b>Sunrise Brekkie Muffin</b>	<b>\$6.50</b>
English muffin, crispy bacon, egg, cheese, mayo	
<b>Blueberry Bagel</b>	<b>\$5.00</b>
<b>OPTIONS</b> cream cheese   butter	
<b>Cheezy Bagel</b>	<b>\$5.00</b>
<b>OPTIONS</b> cream cheese   butter	
<b>Banana Bread</b>	<b>\$5.00</b>
<b>Chocolate Banana Bread</b>	<b>\$6.00</b>
<b>Hash Browns</b>	<b>\$3.00</b>
<b>Freshly Baked Muffins</b>	<b>\$4.00</b>
<b>OPTIONS</b> milo choc chip   berry white chocolate	
 <b>Fruit Frenzy Cup</b>	<b>\$6.00</b>
seasonal mixed fruit	
 <b>Super Starter Yoghurt Cup</b>	<b>\$6.50</b>
yoghurt, granola, fresh berries	
 <b>Melon Cup</b>	<b>\$5.00</b>
fresh cut watermelon	

# SCHOOL CANTEEN MENU

## EVERYDAY LUNCHTIME



<b>Twista Pasta Bolognese</b> [gf, v, vg options available]	<b>\$8.50</b>
<b>Butter Chicken &amp; Rice</b>	<b>\$8.50</b>
<b>Soup of the week</b>	
Pumpkin [v, gf] with a dolloped sour cream	<b>\$5.50</b>
Chicken [gf, df] Chicken, leek & potato	<b>\$5.50</b>
Soup with sourdough Pumpkin or Chicken	<b>\$7.00</b>

## BETWEEN BREAD



See display for simple toasties on white, sourdough or Turkish bread

<b>Sensational Toastie</b>	<b>\$8.50</b>
Flamed grilled chicken, slaw, tomato, ranch dressing	
<b>Bagels</b>	
Italian Chicken poached chicken & pesto mix, tomato, mixed leaves	<b>\$8.50</b>
Hello Ham ham, cheese, tomato, mixed leaves	<b>\$8.50</b>
Blueberry Bagel with cream cheese	<b>\$6.00</b>
Cheezy Bagel with cream cheese	<b>\$6.00</b>
<b>Wraps</b>	
Falafel [v] pico de gallo, hummus & mixed market salad	<b>\$8.50</b>
Italian Chicken sundried tomato, mozzarella & mixed leaves	<b>\$8.50</b>
Chicken Schnitzel mozzarella, crunchy slaw, ranch dressing & mixed leaves	<b>\$8.50</b>

# SCHOOL CANTEEN MENU

## SALADS



### Goodness Me Bowl [gf]

\$8.50

with green goddess dressing mixed leaves, tomatoes, cucumber & carrot

**ADD** falafel & avocado [v, vg, gf] | poached chicken [gf]

### Soba Noodle Bowl

\$8.50

with sesame dressing, Japanese style soba noodles, diced cucumber, shredded carrot & fried onions

**ADD** tofu [v] | crispy chicken

### Pesto Me Pasta Bowl

\$7.00

with nut free pesto mayo, parmesan, twista pasta, cherry tomato, fresh basil

**ADD** poached chicken + \$2.00

### Sunburst Super Bowl [gf]

\$8.50

mixed leaves, cucumber, avocado, bacon, poached chicken, parmesan cheese

## PASTRIES & SNACKS



### Baby Beef Pies

\$2.60

### Snack Sausage Rolls

\$2.60

### Spinach & Cheese Pastizzi (2) [v]

\$4.40

### Garlic Baguette [v]

\$3.20

### Chicken Drumsticks (3)

\$5.20

### Hash Browns [v]

\$3.00

Grab a coffee,  
chai or hot  
chocolate.

Don't forget to  
stamp your loyalty  
card!