

# SCHOOL CANTEEN MENU

## Chef's Specials

### MONDAY

#### **Kake Udon Soup** **\$8.50**

[df, h friendly] v available

Udon noodles served in a Komu Tsuyu broth garnished with Naruto fishcakes, spring onions and nori paper.

### TUESDAY

#### **Quesadilla Mexicana** **Fr \$8.50**

[h friendly] gf, df, v available

Chef made cheezy quesadilla made with chilli con carne, and a side of crunchy corn chips topped with pico de gallo, smashed avocado, and sour cream.

### WEDNESDAY

#### **Pizza & Garlic Bread** **Fr \$8.50**

gf, df, v available

Freshly baked pizza with your choice of Margarita or Pepperoni served with garlic bread.

### THURSDAY

#### **Homemade Lasagne with Roasted Veggies** **\$8.50**

v available

Baked fresh with layers of bolognese, lasagne sheets and bechamel sauce topped with mozzarella served with a side of roasted carrots and sweet potato.

### FRIDAY

#### **Banh Mi Burgers** **\$8.50**

[h friendly] v available

A new take on a traditional Vietnamese roll! A crunchy Banh Mi bun filled to the brim with crispy chicken, pickled cucumbers and carrots, coriander, & peri peri mayo

## 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)

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## MORNING SNACKS



<b>Freshly Baked Croissant</b> [v, h friendly]	<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> [v, h friendly]	<b>\$4.00</b>
<b>Bacon and Egg Muffin</b>	<b>\$6.50</b>
Warm English muffin, bacon, egg, cheddar cheese, garlic aioli	
<b>Blueberry Bagel</b> [v]	<b>Fr \$5.00</b>
<b>OPTIONS</b> cream cheese   butter	
<b>Banana Bread</b> [v]	<b>\$5.00</b>
<b>Chocolate Banana Bread</b> [v]	<b>\$6.00</b>
<b>Hash Browns</b> [v, df, h friendly]	<b>\$3.00</b>
<b>Freshly Baked Muffins</b>	<b>\$4.00</b>
<b>OPTIONS</b> milky milo chocolate   apple cinnamon	
 <b>Super Starter Yoghurt Cup</b> [v]	<b>\$6.50</b>
yoghurt, granola, fresh berries	
 <b>Melon Cup</b> [gf, h friendly, df, vg, v]	<b>\$4.50</b>
fresh cut watermelon	

# SCHOOL CANTEEN MENU

## EVERYDAY LUNCHTIME



<b>Twisted Pasta Bolognese</b> [gf, v, vg, optional]	<b>\$8.50</b>
<b>Delicious Butter Chicken</b> [gf, h friendly]	<b>\$8.50</b>
<b>Soup of the week</b>	
Pumpkin [v, gf] with a dolloped sour cream	<b>\$5.00</b>
Chicken [gf, df] chicken, leek & potato	<b>\$6.00</b>
Soup with Sourdough	<b>+\$1.00</b>

## EVERYTHING BREAD



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

**Sensational Toastie** [h friendly, df] **\$8.50**

flamed grilled chicken, slaw, tomato, ranch dressing

### Bagels

**Italian Chicken** [h friendly] **\$9.00**  
poached chicken & pesto mix, tomato, mixed leaves

**Blueberry Bagel** [v] **\$6.00**  
with cream cheese

**Cheezy Bagel** **\$6.00**  
with cream cheese

### Wraps

**Falafel** [h friendly, v] **\$8.80**  
pico de gallo, hummus & mixed market salad

**Crispy Chicken Wrap** **\$8.80**

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## SALADS



### Goodness Me Bowl [gf, df, h friendly, v]

Fr \$6.00

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

- Falafel **\$8.50** [h friendly, df, gf]
- Poached Chicken **\$8.50** [h friendly]
- Popped Chicken **\$9.80**

### Soba Noodle Bowl

Fr \$8.00

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

- Tofu **\$8.00** [h friendly, df, v]
- Chicken Bites **\$8.50** [h friendly, df]

### Pesto Me Pasta Bowl [h friendly, v]

Fr \$7.00

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

- Poached chicken **\$9.00** [h friendly]

### Sunburst Super Bowl [gf]

\$8.90

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

### Popped Chicken (10) [h friendly]

\$4.50

### Garlic Baguette [v]

\$3.20

### Chocolate Mousse

\$2.50

### Hash Browns [v, df, h friendly]

\$3.00

Grab a coffee,  
chai or hot  
chocolate.

Don't forget to  
stamp your loyalty  
card!