# Term Four Canteen Menu

## **BREAKFAST**

Egg with Toast () () () Choice of egg, omelet, sunny side pouched, friescrambled	<b>\$5.00</b> ed
French Toast () () Bread, egg/cheese	\$4.00
Toasted Sandwich () () () Bread, egg/cheese, tomatoes, lettuce	\$3.00
Muesli () Oats, fruits, sultanas	\$4.00
Flavoured Yogurt 👩	\$1.50
Plain Roti 🕖	\$1.00
Boil Egg O	\$1.00

# **FRUITS**

Price of fruits will vary depending on season

Apple (small / large)	\$1.50 / \$2
Orange	\$2.00
Watermelon	\$2.00
Pineapple	\$1.50
Pear	\$2.00

# **SNACKS**

Brownies	\$2.00
Cereal	\$1.50
Cookies	\$2.00
Nature Valley	\$2.00

## **RECESS**

Fruit Salad  Apple, pear, oranges, watermelon, pineapple	\$7.00
Salad	\$3.00
Vegetable Stick Carrot, cucumber, celery, hummus	\$3.00
Burgers Choice of meat (chicken, beef, fish ) salad, mayonnais pepper, salt	\$6.50 e,
Meat Sandwich Chicken, Ham, Egg, Tuna, \$1 Extra Cheese	\$5.50
Veg Sandwich Cheese, salad	\$5.50
Meat Pie small / large  Chicken	\$3 / \$5
Chicken Wrap  Ortilla, carrot, cucumber, tomatoes, English/red, cab	<b>\$5.00</b> bage,
lettuce, mayonnaise, salt pepper.	
	<b>\$4.00</b>
lettuce, mayonnaise, salt pepper.  Veg Wrap  Hummus, carrot, cucumber, lettuce, tomatoes, gherki	¥ •
lettuce, mayonnaise, salt pepper.  Veg Wrap  Hummus, carrot, cucumber, lettuce, tomatoes, gherkicolives	n,
lettuce, mayonnaise, salt pepper.  Veg Wrap  Hummus, carrot, cucumber, lettuce, tomatoes, gherkicolives  Beef or Chicken roti parcel	\$3.50
lettuce, mayonnaise, salt pepper.  Veg Wrap  Hummus, carrot, cucumber, lettuce, tomatoes, gherkicolives  Beef or Chicken roti parcel  Tuna & Potato roti parcel  ()	\$3.50 \$2.00

# **BEVERAGES**

Apple Juice 250ml	\$2.50
Apple Juice IL Only for Secondary Students	\$4.00
AquaSafe 600ml	\$2.00
AquaSafe 1.5L	\$3.00
Orange Juice	\$2.50
Lemonade	\$3.00
Anchor Milk	\$2.50
Milo	\$3.50
Kool Pop	\$1.00
Chock Attack	\$1.60
Blitz	\$1.60



	Small	Regular
Cappuccino	\$4.00	\$5.00
Chai Latte	\$4.00	\$5.00
Espresso	\$4.00	\$5.00
Long Black	\$4.00	\$5.00
Flat White	\$4.00	\$5.00
Hot Chocolate	\$4.00	\$5.00
Latte	\$4.00	\$5.00
Mocha	\$4.00	\$5.00
Iced Coffee		\$6.00
Iced Chocolate	•	\$7.50

NOTE

Strictly all orders close at IOam
Fridays Only for Primary Students - Milo, Kool Pop, Blitz & Chock Attack
Primary Students only one pc Roast chicken \$8.50
Staff home takeaway orders need to be placed by IOam.

# Foods & salads

MONDAY

**TUESDAY** 

WEDNESDAY

THURSDAY

FRIDAY

**EGG BUNS** 



\$5.00

Ketchup, Mayonnaise, Cheese

HOTDOG (1)

\$5.50

\$11.00

Ketchup, mayonnaise, cheese, mustard

**ROAST CHICKEN** w/PASTA

Chicken, Soya, Sauce, Garlic, Ginger, Pasta, Gravy, Salad

**BUFFLO CHICKEN WRAP** 

Chicken, Salad, Garlic Aioli,

Tortilla ()

**CHEESE LOAF** 

Chicken, cheese, Chilli mauonnaise. Salad

**ROAST CHICKEN** 

Roast chicken served with Cassave, Salad, onion gravy \$6.00

\$11.00

**(1)** \$8.50

PANCAKE ()



\$2.50

\$7.50

\$11.00

Flour, Egg, Sugar, Vanilla, Baking powder. Butter (Please ask for Syrup)

TUNA PASTA SALAD

Cucumber. Tomato. Carrot. Tuna. Mayonnaise

GRILLED FISH

Mash Potato, Lemon sauce, Garlic. Onion. Herbs

CHICKEN SALAD W/PASTA \$7.50

Chicken, cucumber, lettuce, tomato, onion, mayonnaise, seasoning

TANDOORI WRAP ()

Chicken, Salt, Pepper, salad, raita Tadoori.Garlic

TANDOORI CHICKEN (1)\$11.00

Chicken, Fries, Salad, Yogurt and served with raita

MINI PIZZA 

Chicken, Cheese, Pizza Sauce Herbs.

**CHICKEN SUB** 

\$6.00

Chicken, cucumber, lettuce, tomato, onion, mayonnaise

ROAST CHICKEN

\$4.50

\$6.00

Chicken, Gravy, Kumala served with Salad

# Lunch - Hot Meals

#### **FISH CURRY** Sml:\$8.50/L:\$11.00

Fish, Garlic, Ginger, Onion, Spices, Coconut cream and served with Rice

#### SPAGHETTI BOLOGNESE \$10.00

Chicken, Garlic, Mix Herbs. Ginger, Tomato Puree

### VEG STIRFRY Sml:\$8.50/L:\$10.00

Carrot, Capsicum, Soya Sauce, Cabbage, Cucumber, Garlic, Onion

#### **BONE CHICKEN IN SOYA SAUCE** Sml:\$8.50/L:\$11.00

Chicken Onion. Garlic, Ginger, Carrot, Capsicum served with Rice

#### CHICKEN IN BLACK BEAN SAUCE Sml:\$8.50/L:\$11.00

Chicken Onion, Garlic, Ginger, Carrot, Black bean sauce served with Rice

#### ALOO CHANA Sml:\$8.50/L:\$10.00

Potato, Chickpeas, Garlic, Onion served with Roti/Rice

#### CHICKEN CHOWMEIN Sml:\$8.50/L:\$11.00

Chicken, Carrot, Cucumber, Cabbage, Onion, Ginger, Garlic, Noodles

#### CHICKEN CHOPSUEY Sml:\$8.50/L:\$11.00

Carrot, Onion, Garlic, Ginger, Cabbage Cornflour, Cucumber, Rice

#### **VEG CHOWMEIN** Sml:\$8.50/L:\$10.00

Carrots. Cucumber. Garlic Ginger. Seasoning, Onion served with Noodles

#### **CHICKEN CURRY** Sml:\$8.50/L:\$11.00

Chicken, Garlic, Onion, Spices, Ginger, Rice/Roti

#### **FISH AND CHIPS** Sml:\$8.50/L:\$11.00

Flour. Garlic, Pepper, Cornstarch, Baking powder, Vinegar, Salt, Fries, Egg, Cajun spice

#### SOY CHUNKS FRIED RICE Sml:\$8.50/L:\$10.00

Carrot, Capsicum, Soya Sauce, Cabbage, Cucumber, Garlic, Onion

#### BONE BUTTER CHICKEN ROTI/RICE Sml:\$8.50/L:\$11.00

Chicken, Garlic, Yogurt, Onion, Ginger, Butter sauce, Cream, Spices, Cream 

#### CHICKEN LONG SOUP Sml:\$8.50/L:\$11.00

Chinese cabbage, Onion, Garlic, Carrot, Seasoning, Noodles

#### MATTAR PANEER w/ ROTI/RICE Sml:\$8.50/L:\$10.00

Peas, Tomatoes, Yogurt, Cream, Onion, Ginger/garlic, Turmeric, Chilli powder, Coriander, Cumin

Soya Sesame Nuts Mustard Cluten Egg Dairy Chillies Fish Pineapple Non-Halal



Allergy























