



# Term Three Canteen Menu

## BREAKFAST

|                                                                                                                                                                                                                                                                               |               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| <b>Egg with Toast</b>      | <b>\$5.00</b> |
| <i>Choice of egg, omelet, sunny side pouched, fried scrambled</i>                                                                                                                                                                                                             |               |
| <b>French Toast</b>                                                                                         | <b>\$4.00</b> |
| <i>Bread, egg/cheese</i>                                                                                                                                                                                                                                                      |               |
| <b>Toasted Sandwich</b>    | <b>\$3.00</b> |
| <i>Bread, egg/cheese, tomatoes, lettuce</i>                                                                                                                                                                                                                                   |               |
| <b>Muesli</b>                                                                                                                                                                                | <b>\$4.00</b> |
| <i>Oats, fruits, sultanas</i>                                                                                                                                                                                                                                                 |               |
| <b>Flavoured Yogurt</b>                                                                                                                                                                      | <b>\$1.50</b> |
| <b>Plain Roti</b>                                                                                                                                                                            | <b>\$1.00</b> |
| <b>Boil Egg</b>                                                                                                                                                                              | <b>\$1.00</b> |

## FRUITS

*Price of fruits will vary depending on season*

|                              |                     |
|------------------------------|---------------------|
| <b>Apple (small / large)</b> | <b>\$1.50 / \$2</b> |
| <b>Orange</b>                | <b>\$2.00</b>       |
| <b>Watermelon</b>            | <b>\$2.00</b>       |
| <b>Pineapple</b>             | <b>\$1.50</b>       |
| <b>Pear</b>                  | <b>\$2.00</b>       |

## SNACKS

|                      |               |
|----------------------|---------------|
| <b>Brownies</b>      | <b>\$2.50</b> |
| <b>Cereal</b>        | <b>\$1.50</b> |
| <b>Cookies</b>       | <b>\$2.00</b> |
| <b>Nature Valley</b> | <b>\$2.50</b> |

## RECESS

|                                                                                                                                                                                                                                                                                                                       |                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| <b>Fruit Salad</b>                                                                                                                                                                                                                                                                                                    | <b>\$7.00</b>    |
| <i>Seasonal fruits</i>                                                                                                                                                                                                                                                                                                |                  |
| <b>Salad</b>                                                                                                                                                                                                                                                                                                          | <b>\$3.00</b>    |
| <b>Vegetable Stick</b>                                                                                                                                                                                                                                                                                                | <b>\$3.00</b>    |
| <i>Carrot, cucumber, celery, hummus</i>                                                                                                                                                                                                                                                                               |                  |
| <b>Burgers</b>                                                                                                                                                                                                                                                                                                        | <b>\$6.50</b>    |
| <i>Choice of meat (chicken, beef) salad, mayonnaise, pepper, salt</i>                                                                                                                                                                                                                                                 |                  |
| <b>Meat Sandwich</b>                                                                                                                                                                                                                                                                                                  | <b>\$5.50</b>    |
| <i>Chicken, Egg, Tuna, \$1 Extra Cheese</i>                                                                                                                                                                                                                                                                           |                  |
| <b>Veg Sandwich</b>                                                                                                                                                                                                                                                                                                   | <b>\$5.00</b>    |
| <i>Cheese, salad</i>                                                                                                                                                                                                                                                                                                  |                  |
| <b>Meat Pie small / large</b>                                                                                                                                                                                                                                                                                         | <b>\$3 / \$5</b> |
| <i>Chicken</i>                                                                                                                                                                                                                                                                                                        |                  |
| <b>Chicken Wrap</b>                                                                                                                                                                                                                | <b>\$5.00</b>    |
| <i>Tortilla, carrot, cucumber, tomatoes, English/red, cabbage, lettuce, mayonnaise, salt pepper.</i>                                                                                                                                                                                                                  |                  |
| <b>Veg Wrap</b>                                                                                                                                                                                                                    | <b>\$4.00</b>    |
| <i>Hummus, carrot, cucumber, lettuce, tomatoes</i>                                                                                                                                                                                                                                                                    |                  |
| <b>Beef or Chicken roti parcel</b>                                                                                                                                                                                                 | <b>\$3.50</b>    |
| <b>Tuna &amp; Potato roti parcel</b>                                                                                                        | <b>\$2.00</b>    |
| <b>Vegetable curry roti parcel</b>                                                                                                                                                                                               | <b>\$2.00</b>    |
| <b>Egg roti parcel</b>                                                                                                                      | <b>\$2.00</b>    |
| <b>Sushi sliced in container (tuna/veg/chicken)</b>    | <b>\$10.00</b>   |
| <b>Sushi triangle (tuna/veg/chicken)</b>               | <b>\$6.00</b>    |

## NOTE

Strictly all orders close at 10am

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 10am.

## BEVERAGES

|                                    |               |
|------------------------------------|---------------|
| <b>Apple Juice 250ml</b>           | <b>\$2.50</b> |
| <b>Apple Juice 1L</b>              | <b>\$4.00</b> |
| <i>Only for Secondary Students</i> |               |
| <b>Fiji water 500ml</b>            | <b>\$2.50</b> |
| <b>Fiji water 1.5L</b>             | <b>\$4.50</b> |
| <b>Orange Juice</b>                | <b>\$2.50</b> |
| <b>Lemonade</b>                    | <b>\$3.00</b> |
| <b>Anchor Milk</b>                 | <b>\$2.50</b> |
| <b>Milo</b>                        | <b>\$3.50</b> |
| <b>Kool Pop</b>                    | <b>\$1.00</b> |
| <b>Chock Attack</b>                | <b>\$1.60</b> |
| <b>Blitz</b>                       | <b>\$1.60</b> |



## CAFE VAI

|                       | <b>Small</b>  | <b>Regular</b> |
|-----------------------|---------------|----------------|
| <b>Cappuccino</b>     | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Chai Latte</b>     | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Espresso</b>       | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Long Black</b>     | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Flat White</b>     | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Hot Chocolate</b>  | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Latte</b>          | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Mocha</b>          | <b>\$4.00</b> | <b>\$5.00</b>  |
| <b>Iced Coffee</b>    |               | <b>\$6.00</b>  |
| <b>Iced Chocolate</b> |               | <b>\$7.50</b>  |

# Foods & salads

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**HOTDOG**   \$5.50  
Ketchup, mayonnaise, cheese, mustard

**CHEESE LOAF**   \$8.50  
Chicken, cheese, Chilli, mayonnaise, Salad

**ROAST CHICKEN**   \$11.00  
Chicken, Gravy, Kumala served with Salad

**CHICKEN QUESADILLA** \$6.00  
Chicken, kidney bean, tortilla  

**SAUSAGE ROLLS**   \$6.00  
Chicken sausage, pastry

**GRILLED FISH**  \$11.00  
Mash Potato, Lemon sauce, Garlic, Onion, Herbs

**BUFFLO CHICKEN WRAP** \$6.00  
Chicken, Salad, Garlic Aioli, Tortilla  

**PANCAKE**    \$3.00  
Flour, Egg, Sugar, Vanilla, Baking powder, Butter  
(Please ask for Syrup)

**POT ROAST LAMB**   \$12.00  
Roast lamb neck served with Cassave, Salad, onion gravy

**CHICKEN SUB**   \$6.00  
Chicken, cucumber, lettuce, tomato, onion, mayonnaise

**TANDOORI WRAP**    \$6.00  
Chicken, Salt, Pepper, salad, raita Tadoori, Garlic

**TANDOORI CHICKEN**    \$11.00  
Chicken, Fries, Salad, Yogurt and served with raita

**MINI PIZZA**   \$4.50  
Chicken, Cheese, Pizza Sauce Herbs,

**EGG BUNS**   \$5.00  
Ketchup, Mayonnaise, Cheese

**ROAST CHICKEN w/PASTA**   \$11.00  
Chicken, Soya, Sauce, Garlic, Ginger, Pasta, Gravy, Salad

## Lunch - Hot Meals

**GARLIC CHICKEN**   
Sml:\$8.50/L:\$11.00  
Chicken Onion, Garlic, Ginger, Carrot, soya sauce served with Rice

**SWEET & SOUR FISH**     
Sml:\$8.50/L:\$11.00  
Fish, Garlic, Ginger, Onion, pineapple, and served with Rice

**PANEER STIRFRY**    
Sml:\$8.50/L:\$10.00  
Paneer, Carrot, Capsicum, Soya Sauce, Cabbage, Cucumber, Garlic, Onion

**CHICKEN & EGG FRIED RICE**    
Sml:\$8.50/L:\$11.00  
Mixed veggies, chicken, Onion, Garlic, Ginger, soya sauce

**CHICKEN IN BLACK BEAN SAUCE**   
Sml:\$8.50/L:\$11.00  
Chicken Onion, Garlic, Ginger, Carrot, Black bean sauce served with Rice

**VEGETARIAN FRIED RICE**    
Sml:\$8.50/L:\$11.00  
Mixed veggies Onion, Garlic, Ginger, soya sauce

**CHICKEN CHOWMEIN**     
Sml:\$8.50/L:\$11.00  
Chicken, Carrot, Cucumber, Cabbage, Onion, Ginger, Garlic, Noodles

**LAMB CURRY**    
Sml:\$9.00/L:\$12.00  
Lamb, Onion, Garlic, Ginger, Spices served with Rice

**ALOO CHANNA**   
Sml:\$8.50/L:\$10.00  
Potato, chick peas, Garlic, Onion served with Roti/Rice

**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

**VEGETARIAN CHOWMEIN**     
Sml:\$8.50/L:\$10.00  
Carrots, Cucumber, Garlic Ginger, Seasoning, Onion served with Noodles

**BONE BUTTER CHICKEN ROTI/RICE**  
Sml:\$8.50/L:\$11.00  
Chicken, Garlic, Yogurt, Onion, Ginger, Butter sauce, Cream, Spices, Cream    

**SPAGHETTI BOLOGNESE** \$10.00  
Chicken, Garlic, Mix Herbs, Ginger, Tomato Puree.  

**VEGETARIAN PALAU**   
Sml:\$8.50/L:\$10.00  
Vegetable, palau masala, spices,

| Allergy Symbols | Soya                                                                                | Sesame                                                                              | Nuts                                                                                | Mustard                                                                             | Gluten                                                                              | Egg                                                                                 | Dairy                                                                               | Chillies                                                                            | Fish                                                                                | Pineapple                                                                           | Non-Halal                                                                           | Crustaceans                                                                         |
|-----------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
|                 |  |  |  |  |  |  |  |  |  |  |  |  |