



# SOUTHERN CROSS PUBLIC SCHOOL

## Canteen Menu 2022

OPEN Wednesday, Thursday and Friday

### Sandwiches, Rolls & Wraps

Cheese/vegemite/honey /jam	\$2.50
Cheese and tomato	\$3.50
Chicken/Ham/Tuna	\$4.00
Ham/Chicken and cheese	\$4.50
Ham/Chicken, cheese and tomato	\$5.00
Salad* and mayo	\$5.50
Chicken/Ham/Tuna w/salad*	\$6.00
Extra – Gluten Free bread	\$1.50
Extra – Roll, Wrap or Toasted	\$0.50
Extra – Avocado	\$0.50

### Hot meals

Plain pie	\$4.50
Sausage roll	\$3.50
Sauce	\$0.40
Fried rice (homemade w/ham, egg, veggies)	\$4.00
Mac & cheese (homemade)	\$4.00
Gluten Free option available, add \$1.00	
Pasta bolognese (homemade)	\$4.50
Gluten Free option available, add \$1.00	
Meatball sub (homemade)	\$4.00
Chicken/beef/lentil burger w/salad* (homemade); Gluten Free option available	\$6.50
Baked beans and cheese jaffle	\$3.50
Creamy tuna and corn jaffle	\$3.50
Pizza jaffle (w/marinara sauce, cheese, ham)	\$3.50

### Daily specials

Wednesday: Beef/Chicken/Veg nacho w/corn chips, rice, cheese, sour cream, guacamole	\$5.00
Thursday: Butter chicken w/rice	\$5.50
Friday: Sushi **	\$4.00

\* Salad: lettuce, tomato, beetroot, carrot, cucumber, cheese

\*\* Sushi orders **must be placed by Thursday 12 noon**, for a Friday recess or lunch order

\*\*\* Leafy greens, roasted veg, protein and carb source.  
A different weekly mix depending on ingredients available.

Recess **K-2** 10:45-11:10am **Yr 3-6** 11:15-11:40am  
Lunch **K-2** 12:45-1:15pm **Yr 3-6** 1:20-1:50pm

### Salads

Nourish bowl***	\$7.00
Garden salad	\$5.00
Chicken/Ham/Tuna salad	\$6.00

### Snacks

Fruit salad	\$3.50
Piece of fruit	\$1.00
Vege sticks w/dip	\$1.50
Crackers w/dip	\$1.50
Crackers and cheese	\$1.50
Yoghurt, muesli and berry cups	\$3.00
Laksa noodle cups (homemade)	\$2.00
Hard-boiled egg	\$1.00
Jelly (homemade w/real juice)	\$1.00
Small jelly (homemade w/real juice)	\$0.20
Plain rice crackers	\$0.20
Sea salt/Grainwaves chips	\$1.50
Muffin (sweet or savoury)	\$1.50
Cookie	\$1.00
Banana bread	\$2.00
Slice	\$2.00

### Drinks

Poppers (Apple/Orange/Blackcurrant)	\$2.00
Water	\$1.00
FM Choc/Strawberry milk	\$2.80
Mighty Cool Choc/Strawb milk	\$2.60
Juice bombs (Watermelon/Grape/Apple+Raspb)	\$2.50

### Iceblocks

Quelch	\$0.80
Snapstix	\$1.00
Frozen watermelon/orange	\$0.50

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