



Canteen Menu



Open Recess and Lunch

Monday, Wednesday and Friday

Place orders before 9am – **Lunch bags** .10c

Our aim is to use fresh ingredients where possible. Most items are prepared fresh and cooked in the canteen.

Our canteen promotes the NSW Healthy School Canteen guidelines

Please have NAME and CLASS on lunch bag.

Correct money is appreciated

Note: The canteen DOES NOT reheat food brought in from home

Snacks

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| Apple Slinky | \$1.00 |
| Fresh fruit (Seasonal) | \$1.00 |
| Fruit strap | \$1.20 |
| Fruit cup – Apple Blackcurrant or Orange (fresh/frozen) | \$1.00 |
| Jelly cup (fresh/frozen) | .60 |
| Orange wedge (frozen) | .20 |
| Rice cakes (flavoured) | .20 |
| Rice cakes (plain) | .10 |
| Chocolate mousse (GF) | \$1.00 |
| Yoghurt – Vanilla, Banana or Strawberry | .80 |
| Homemade Muffins – Varies | \$2.00 |
| Finger Bun Whole | \$1.60 |
| Finger Bun Half | .80 |
| Red Rock Chips (GF), Vegie Chips, Grain Waves | \$1.20 |
| Piranha Snaps – BBQ – Gluten Free | \$1.50 |
| Popcorn | .70 |

**Recess Special Fresh Baked Muffin and
Popper/Water \$3.00**

Sandwich

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| Cheese, vegemite, honey or jam | \$2.00 |
| Cheese and tomato | \$2.50 |
| Ham or Chicken, cheese and tomato | \$3.50 |
| Egg, lettuce and mayo | \$3.50 |
| Salad – lettuce, tomato, beetroot, carrot, cheese, cucumber, sprouts and mayo | \$4.00 |
| Chicken/Ham/Tuna | \$4.00 |
| Chicken/Ham/Tuna – with salad | \$4.50 |
| EXTRA – Gluten Free Bread Available | \$1.50 |
| EXTRA – Roll, Lavish or Toasted | .50 |
| EXTRA – Hommus, Tzatzki | .50 |

Salad Box

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| Garden salad – with lettuce, tomato, carrots, beetroot, cucumber, cheese, baby spinach and balsamic dressing or mayo | \$5.00 |
| EXTRA Ham/Chicken/Tuna/Falafel | \$1.00 |

Hot Food - Lunch

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| Beef Pie | \$3.50 |
| Party Pie | \$1.00 |
| Chicken Nuggets (6 per Serve) | \$3.60 |
| Sausage Roll | \$2.80 |
| Cheese and Spinach Roll (V) | \$3.50 |
| Hot Dog with sauce | \$3.20 |
| Spaghetti Bolognese (Homemade) | \$4.00 |
| Lasagne | \$4.00 |
| Pizza - Hawaiian/BBQ Meatlovers | \$4.00 |
| Nachos – Beef – Homemade Meat/bean mix with Cheese, Salsa and Sour Cream | \$4.50 |
| EXTRA – Sauce – Tomato and BBQ | .30 |

Burgers

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| Beef Burger – Homemade beef patty with lettuce, tomato, mayo and sauce | \$4.00 |
| Chicken Burger – Homemade chicken patty with lettuce, tomato and mayo | \$4.00 |
| Vegie Burger – Homemade vegie patty with lettuce, tomato and mayo | \$4.00 |
| The Works – Extra | \$1.00 |

Burger Meal Deal

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| Beef/Chicken/Vegie burger with the works plus a Mighty Cool Milk/Glee | \$6.00 |
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Drinks

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| Plain Milk | \$1.10 |
| Mighty Cool Milk 250ml Choc/Strawberry | \$2.00 |
| FM Milk 300ml Choc/Strawberry | \$2.20 |
| Bottle water | \$1.00 |
| Focus Water (Lemonade) | \$2.00 |
| Crazy Lemon | \$2.20 / \$3.50 200ml / 500ml |
| Poptop Juice (Apple/Orange) | \$2.00 |
| Poppers (Apple, Orange, Blackcurrant) | \$1.50 |
| Ice Tea (Various) | \$2.50 |
| Glee (Bubblegum, Berryblast, Grape) | \$2.20 |

Sushi Fridays Only

Please pre-order on Wednesday

Subject to availability and demand

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| Honey soy chicken | \$3.80 |
| Vegetarian | \$3.80 |
| Tuna | \$3.80 |



Ice Blocks

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| Smooze (GF & DF) | \$1.20 |
| Quelch | .60 |
| TNT's | \$1.00 |
| Icy Twist Lemonade | \$1.20 |
| Moosie (Choc/Bubblegum) | \$1.40 |
| PaddlePops (Choc/ Rainbow) | \$1.50 |
| Calippo Mini | \$1.20 |
| Frozen Fruit Cup | \$1.00 |
| Frozen Yoghurt (Watermelon & Mango, Raspberries & Coconut) | \$2.50 |

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