



### Recess Special

Fresh Baked Muffin & popper/water **\$2.00**

### Super Value Burger Deal

Chicken/beef/vegie burger with the works PLUS a mighty cool milk/glee **\$6.00**

### Sushi Deal (Fridays Only)

Chicken/Tuna/vegie sushi with soy sauce PLUS a mighty cool milk or glee **\$4.50**

### Salad Box Special

Garden salad with your choice of Chicken/ham/tuna PLUS a popper/water **\$6.00**

### Sushi – Fridays only (Homemade) (Subject to availability and demand)

Honey soy chicken **\$2.80**

Vegetarian

Tuna

Soy Sauce **.30**

## Burgers

The works – Extra **\$1.00**

**Beef Burger** - Homemade beef patty with lettuce, tomato, mayo & sauce **\$4.00**

**Chicken Burger** - Homemade chicken patty with lettuce, tomato & mayo **\$4.00**

**Vegie Burger** - Homemade vegie patty with lettuce, tomato & mayo **\$4.00**

## Sandwich/roll

Cheese, vegemite, honey or jam **\$2.00**

Cheese and tomato **\$2.50**

Ham, cheese and tomato **\$3.50**

Egg, lettuce & mayo **\$3.50**

Salad – lettuce, tomato, beetroot, carrot, cheese, cucumber, sprouts & mayo **\$4.00**

Chicken/Ham/Tuna with salad **\$4.50**

Chicken/Ham/Tuna **\$4.00**

Turkey, cranberry, sprouts and cheddar cheese **\$4.50**

EXTRA: Toasted/wrap/hommus **.50**

**Salad Box** **\$5.00**

Garden Salad – with lettuce, tomato, carrots, beetroot, cucumber, cheese, sprouts & balsamic dressing

EXTRA: Ham/chicken/tuna/falafel **.50**



**2016**

# **Southern Cross Primary School Canteen Menu**

Open Recess & Lunch  
Monday, Wednesday, Friday

Leisa Crethar Canteen Supervisor  
66860503 or 0402015717

**Our menu is focused on healthy eating, home cooked meals**



## Hot Food (lunch)

Beef Pie	\$3.20
Party Pie	\$1.00
Chicken Nuggets	\$3.50
Sausage Roll	\$2.60
<b>Cheese &amp; Spinach Roll V</b>	<b>\$3.50</b>
<b>Hot Dog with sauce</b>	<b>\$3.00</b>
<b>Spaghetti Bolognese (Home made)</b>	<b>\$4.00</b>
<sup>Nuggets</sup> <b>Lasagna (Home made)</b>	<b>\$4.00</b>
<b>Pizza - Hawaiian or BBQ meat lovers</b>	<b>3.80</b>
<b>Nachos Beef/Chicken/Vegie GF</b>	<b>\$4.50</b> .30
<b>Sauce (tomato/BBQ)</b>	
<b>Lunch bag</b>	<b>.10</b>

**PLEASE PLACE ORDERS  
BEFORE 9.05am**

## Snacks

Fresh fruit	\$1.00
Fruit strap	\$1.20
Fruit cup (Fresh/frozen)	.80
Jelly Cup (fresh/frozen)	.60
Orange Wedge (frozen)	.20
Rice Cakes (flavoured)	.20
Rice Cakes (plain)	.10
Chocolate Mousse (GF)	\$1.00
Yoghurt	.80
Beef or chicken noodles (No msg)	\$1.00
Potato Hash Brown (GF)	.80
Melts	.20
Finger bun (whole)	\$1.60
Finger bun (half)	.80
Red Rock chips (GF)	\$1.20
Vegie Chips	
Grain Waves	
Popcorn	.70

**PLEASE NOTE:  
Prices are subject to change**

## Iceblocks

Fruit Bites	.30
Quelch	.60
TNTs	.80
Calippo & Smoozes (GF/DF)	\$1.10
Icy Twist - Lemonade	\$1.10
Moosie (choc, bubblegum)	\$1.20
Paddle Pops (Choc, Banana)	\$1.40
Frozen Yogurt	\$2.50

## Drinks

Plain Milk	\$1.10
Mighty Cool Milk - 250ml (Choc, strawberry)	\$2.00
FM Milk - 300ml	\$2.20
Bottle water	\$1.00
Focus water (lemonade, rasp)	\$2.00
Crazy lemon 200ml/500ml	\$2.20/\$3.50
Poptop Juice (apple, orange)	\$2.00
Poppers (apple, orange, blackcurrant)	\$1.50
Ice Tea - various (no added sugar)	\$2.50
GLEE (strawberry, bubblegum, berry) (no added sugar & Australian made)	\$2.20