

TASTEBUDS

Canteen Menu 2019

SANDWICHES/WRAPPS/ROLLS

(Wholemeal or Multi Grain)

Base price of \$2.00 then add from the selection below.
All can be toasted also at no extra charge.

◆ Meats

Choice of Ham, Chicken, Tuna or Salami
\$1.50 per selection

☉☉ Dairy & Egg

Choice of Cheese, Feta, Egg, Curried Egg or Cream Cheese
\$0.50 per selection

☉☉ Salad

Choice of Lettuce, Carrot, Beetroot, Tomato or Cucumber
\$0.50 per selection

☉☉ Roast Vegetables

Choice of Capsicum, Eggplant, Zucchini or Pumpkin
\$0.75 per selection

◆ Spreads

Choice of Vegemite, Jam, Mayonnaise, Mustard,
Tomato Sauce or Tzatziki
\$0.25 per selection

HOT FOOD

☉☉ Homemade Zucchini Slice

Fresh homemade zucchini slice \$4.00
(contains egg and gluten)
Add garden salad for \$2.00

☉☉ Beef Lasagne

Homemade beef lasagne \$4.00
(contains dairy and gluten)
Add garden salad \$2.00

☉☉ Spaghetti Bolognese

Homemade bolognese sauce with spaghetti \$4.00
Please specify if gluten free is required.

☉☉ Penne Napoli

Homemade napoli sauce with penne pasta \$4.00
Please specify if gluten free is required.

☉☉ Burgers: Beef, Chicken or Veggie

Your choice of beef, chicken or vegetable pattie served
with tomato, lettuce, cheese and tomato relish in a pita
bread pocket \$4.50

☉☉ Sausage or Veggie Roll

Homemade sausage roll filled with healthy vegetables and
beef or a vegetable roll filled with healthy vegetables
\$3.50 each, with sauce add \$0.20

◆ Good Eating Beef Pie

Beef Pie from the Patties Good Eating Range \$3.50,
with sauce add \$0.20

◆ Pizza Slice

Margarita, Hawaiian or Supreme \$3.00

☉☉ Fried Rice

Homemade fried rice with bacon pieces and vegetables
\$4.00

HOT SNACKS

◆ Good Eating Party Pie

Beef Party Pie Patties Good Eating Range \$1.00,
with sauce add \$0.20

☉☉ Corn on the Cob

Steamed baby corn cob \$1.20

☉☉ Party Sausage Roll or Veggie Roll

\$1.20, with sauce add \$0.20

☉☉ Spinach & Ricotta Filo

Small filo parcel filled with spinach and ricotta \$1.00

*Please place your order on a
brown paper bag stating
your full name, class and order.
Correct money is greatly appreciated.
Brown paper bags can be purchased
for a cost of \$0.10*



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SNACKS

⊕ **Popcorn**

Fresh popped popcorn \$1.00

⊕ **Freshly Baked Muffin**

Freshly baked muffin flavours change daily.
Contains fruit and wholemeal flour \$1.00

◆ **Freshly Baked Cookie**

Freshly baked cookie \$0.50

◆ **Gingerbread Cookie**

Freshly baked gingerbread cookie \$1.00

⊕ **Fresh Fruit**

Fresh seasonal fruit \$0.75

⊕ **Yoghurt with Fresh Fruit Coulis**

Fresh yoghurt with fruit coulis \$2.00 or plain \$1.00

⊕ **Rice Crackers, Dip & Veggie Sticks**

\$2.00

⊕ **Fruit Salad**

Seasonal fresh fruit \$2.50

DRINKS

⊕ **Big M Flavoured Milk**

Chocolate or Strawberry reduced fat \$2.00

⊕ **Water**

Mount Franklin 600ml \$1.50

◆ **Just Juice**

100% Fruit Juice. Available in Orange, Apple and Apple & Blackcurrant \$2.00

⊕ **Fruit Smoothies**

Weekly Flavours \$2.50

FROZEN BITS

(These items need to be picked up at the canteen counter at lunch)

◆ **Slush Puppie**

99% pear base with added natural flavours 150ml \$2.00

⊕ **Frozen Yoghurt with Fruit Coulis**

Yoghurt with fruit coulis \$1.50

◆ **Icy Twist / Mini Calippo**

Streets Icy Twist and Calippo \$1.00

◆ **Ice-Cream Cup**

Ice-cream scoop in cup with Milo \$1.00

⊕ **Frozen Pineapple Rings**

\$0.50

SUSHI / RICE PAPER ROLL

(Available Tuesday and Wednesday only)

⊕ **Cooked Tuna Sushi**

Cooked tuna, mayo, lettuce and cucumber
2 rolls for \$5.00

⊕ **Teriyaki Chicken Sushi**

Chicken strips, lettuce, cucumber, carrot and mayo
(contains sesame seeds)
2 rolls for \$5.00

⊕ **Vegetarian Rice Paper Rolls**

2 per pack for \$5.00 (includes dipping sauce)

⊕ **Teriyaki Chicken Rice Paper Rolls**

2 per pack \$5.00 (includes dipping sauce)

⊕ = Green ◆ = Amber

⊙ = Vegetarian option available

*Did you know you can order online?
www.quickliq.com.au*

