Sandwiches Rolls & Wraps
White/wholemeal/Multigrain

Ingredients
Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado with Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches $4.50
Rolls $5.50
Wraps Half $3.90
Wraps Whole $6.50
Focaccia Grilled $6.50

Salads
Small Large
Pasta & Rice Salad $5.00 $6.50
Chicken Caesar $5.00 $6.50
Greek Salad $5.00 $6.50
Thai Salad $5.00 $6.50
Tuna Salad $5.00 $6.50
Beef Salad $5.00 $6.50

Fresh Fruit (whole) $1.20
Fruit Salad small $4.20
Fruit Salad large $5.00
Yoghurt $3.00
Jelly $2.00

From our Resident Nutritionist Stephanie Wearne From BodygoodFood
Web: www.bodygoodfood.com.au

Berry & Oat Muffins $3.30
Banana & Coconut Bread (Homemade) $3.90
Corn & Bacon Fritters $3.30
Quinoa Salad $5.50
Vietnamese Chicken Salad $6.00
Roast Beef Wrap with spinach, Relish Red Onion & Mustard $6.50
Mexican Bean Pots with guacamole, Sour Cream & Cheese $5.50
Muesli Slice (Homemade) $3.90
Rice Paper Rolls (2 medium) $5.50
Sushi variety $3.30ea

THE BAKERY
All made on site (low fat)

Cookies from $1.20
Muffins Medium $2.80
Muffins Mega $4.40
Slices Commercial $4.40
Slices Homemade $4.40

Sausage Rolls $4.00
Spinach & Ricotta Rolls $4.00
Quiche $4.00
Pasties from $4.00
Pies homemade $5.00
Pies Commercial $4.50

Croissant $3.30
Croissant Ham & Cheese $4.40
Croissant Cheese & Tomato $3.90

Burgers & Buns
Chicken Schnitzel $5.50
Grilled Chicken $5.50
Cheeseburger $4.50
Beef $5.50
Hot Roast Beef & Gravy $5.50
Vegetarian Burger $5.50
Fish Fillet Burger $5.50
Hot Dogs Plain with sauce $4.00
Hot Dogs with Cheese & Sauce $4.50
### MEAL SPECIALS

#### Pasta Dishes
- Penne Carbonara $5.50
- Penne Bolognese $5.50
- Vegetarian Shells $4.50
- Beef Lasagne $5.50
- Vegetarian Lasagne $5.50

#### Rice Dishes
- Vegetarian Fried Rice $3.90
- Special Fried Rice $4.40
- Steamed Rice with Asian Greens $5.00

#### Other Meals
- Roast Meat with Roast vegetables $6.00
- Singapore Noodles $5.50
- Baked Potato with Toppings $5.50

Many more varieties will be available during the course of the year such curries and casseroles. Also Yiros

### Canteen Price List

**Prices effective from January 2018**

**VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE**

**Breakfast**
- Available from 8:00am
  - Cereal and Milk ..Full Cream or Skim $2.50
  - Bacon and Egg Roll $4.70
  - Bacon and Egg Muffin $4.60
  - Scrambled Egg Wrap $5.00
  - Egg Bacon & Sausage Wrap& Hash Brown $5.50
  - Hashbrown oven baked $1.30

**Drinks**
- 600ml Water $2.70
- 600ml Plain Milk $2.50
- 375ml Plain milk $1.90
- 300ml Plain Milk $1.30

**DRINKS Continued**
- 600ml Flavoured Milk $4.40
- 375ml Flavoured Milk $3.90
- 300ml flavoured Milk $3.00
- Up and Go Milk $2.80
- Just Juice $2.20
- Fruit Juice 200ml $2.80
- Fruit Juice 350ml $3.50
- Fruit Juice 500ml $4.00
- 450ml Lemonade $4.00

**Ice Creams**
Selection of approved ices available from canteen

**Slushies**
- Fruit Juice small $2.00
- Large $3.50

**Crisps**
- Red Rock Potato Crisps 28gm $2.00
- Vege Chips 27gm $2.00

**MISCELLANEOUS**

**Breakfast**
- Start your day with a good filling breakfast and early is a good time to pre order and pay for lunch to avoid the queues.

**Other snacks**
- such as Dim Sims Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets (all oven baked) will be available on a rotating basis from time to time.

Check the school Bulletin and other Canteen Notice Boards for daily specials