



# CANTEEN MENU 2019

## HOT FOOD

- O** CHICKEN NUGGETS 4 FOR \$3.00  
6 FOR \$4.20
- E** PARTY PIE \$1.20
- E** CORN ON THE COB \$1.20
- O** GARLIC BREAD \$2.00
- O** SAUSAGE ROLL - LITE \$3.20
- O** SPINACH & RICOTTA ROLL \$3.50
- O** MEAT PIE - LITE \$3.80
- O** PIZZA SLAB - BBQ CHICKEN \$3.50
- O** PIZZA SLAB - MARGARITA \$3.50
- ONLINE SPECIAL-ITALIAN MEATBALLS \$4.50

## SUSHI

- E** CHICKEN & CUCUMBER \$3.50
- E** TUNA & CUCUMBER \$3.50
- E** CHICKEN TERIYAKI \$3.50
- E** VEGGIE SUSHI \$3.50

AVAILABLE TUES, WED & THURS

FOR A MORE DETAILED MENU AND TO PLACE AN ORDER ONLINE, PLEASE VISIT



LUNCH ORDER CUT OFF IS 8:30AM

## BURGERS

- E** CHICKEN BURGER \$4.20
- E** SWEET CHILLI BURGER \$4.20
- E** BEEF BURGER \$4.20
- E** VEGGIE BURGER \$4.20
- E** MEATBALL SUB \$4.20

ALL BURGERS INCLUDE SALAD

## SNACKS

- E** PIZZA MUFFIN \$1.00
- E** CHEESE STICK \$1.00
- E** CARROT STICKS \$1.00
- E** PIECE OF FRUIT \$1.00
- E** BOILED EGG \$1.00
- E** POPCORN \$1.00
- O** RED ROCK DELI CHIPS \$1.50
- O** GRAINWAVES \$1.50
- E** CUSTARD CUP \$1.00
- E** YOGHURT CUP - SMALL \$2.00  
- LARGE \$2.30
- E** FRUIT SALAD - SMALL \$2.00  
- LARGE \$3.50
- O** BANANA BREAD SLICE \$2.00
- E** DIP SNACK BOX \$2.00

\$5.00

### BENTO BOX 1

- E** ½ SANDWICH, CHICKEN TENDER, CHEESE & CRACKERS
- FRUIT SELECTION, POPCORN

## WRAPS

- E** PARMY TOASTED WRAP \$4.50
- E** CHICKEN CAESAR WRAP \$4.50
- E** SWEET CHILLI CHICKEN WRAP \$4.50
- O** 'NEMO' FISH WRAP \$4.50
- E** LAMB TOASTED WRAP \$4.50
- E** VEGGIE WRAP \$4.50
- E** CHICKEN TENDER WRAP \$4.50

## SANDWICHES

- E** VEGEMITE, JAM \$2.00
- O** TOMATO, CHEESE \$2.50
- E** TUNA OR EGG \$3.00
- E** HAM, CHICKEN OR SALMON \$3.50
- O** SALAD SANDWICH \$3.50  
(LETTUCE, TOMATO, CUCUMBER, BEETROOT & CARROT)
- E** SALAD WITH CHEESE \$3.90
- E** SALAD WITH TUNA OR HAM \$4.20
- E** SALAD WITH CHICKEN OR SALMON \$4.50
- O** EXTRAS (INCLUDING TOASTING) \$0.40

ALL SANDWICHES ARE MADE ON WHOLEMEAL BREAD. SWITCH TO A WRAP OR ROLL FOR AN EXTRA \$0.50

### BENTO BOX 2

- ½ SALAD WRAP, JUICE POPPER
- FRUIT SELECTION

\$5.00

## PASTA & RICE

- E** MACARONI & CHEESE \$4.50
- E** BUTTER CHICKEN & RICE \$4.50
- E** PASTA BOLOGNESE \$4.50
- E** LASAGNE \$4.50
- E** VEGETABLE LASAGNE \$4.50
- E** SWEET APRICOT CHICKEN & RICE \$4.50

## DRINKS

- O** JUICE - POPPER \$2.00
- O** PLAIN MILK 300ML \$1.80
- WITH SIPPAH STRAW \$2.30
- E** POP TOP JUICE \$2.00
- O** BOTTLED WATER 600ML \$2.00
- E** JUICE BOMB SPARKLING JUICE \$2.50
- E** FLAVOURED MILK (3 FLAVOURS) \$2.50
- O** UP 'N' GO \$2.50

## SALADS

- O** GARDEN SALAD \$4.00
- WITH HAM OR TUNA \$4.50
- WITH SALMON OR CHICKEN \$5.00
- E** CHICKEN CAESAR SALAD \$5.50
- O** ADD ONS \$0.50  
EGG, CHEESE, AVOCADO, SPROUTS, BACON, CROUTONS

## ICEBLOCKS

- O** FROZEN LITE CORDIAL CUP \$0.50
- O** FROZEN JUICE CUP \$1.00
- O** QUELCH STICK \$1.00
- O** JUICE POUCH \$1.00
- O** MOOSIE POUCH \$1.20
- O** SLUSHIE CUP \$2.00
- O** ICE CREAM CUP \$2.00
- O** FROZEN YOGHURT \$2.20

CLASSROOM CATERING IS FULLY COMPLIANT WITH THE NSW HEALTH SCHOOL CANTEEN FOOD & DRINK BENCHMARKS, & SUPPORTS A FOCUS ON EVERYDAY HEALTHY FOOD & DRINK OPTIONS



## LEGEND

**E** EVERY DAY

**O** OCCASIONAL