

Sandwiches, Rolls and Wraps		
Sandwiches	Rolls	Wraps
Egg	2.90	4.00
Egg Lettuce Mayo *	3.10	4.00
Ham Cheese & Salad	3.70	4.00
Roast Beef & Salad	3.80	4.00
Roast Pork & Salad	3.80	4.00
Ham and Cheese	3.20	4.00
Chicken, Lettuce & Mayo*	3.50	4.00
Chicken Salad & Mayo*	3.80	4.00
Tuna & Salad	3.80	4.00
Tuna	3.30	4.00
Salad	3.50	4.00
Vegemite and Cheese	3.00	4.00

SNACK ATTACK		
		\$
Fresh Fruit		1.00
Milo Oat Slice		2.00
Traffic light mix – Kiwi fruit pieces Orange Quarters Strawberries		2.00
Sultanas		0.80
Popcorn – Freshly popped		1.00
Anzac Biscuits *		1.00
Banana Bread *		2.00
Mixed Berry Muffins *		2.00
Corn Flake Biscuits *		1.00
Hard Boiled Egg		0.50
Apple/Pear Tea Cake *		2.00
Cheese and Biscuits		2.00
Yoghurt Topped With Fresh Fruit		2.00

Salad Tubs	\$
Fresh Salad with Ham	4.00
Fresh Salad with Chicken	4.00
Fresh Salad with Tuna	4.00
Fresh Salad with Chicken Schnitzel	4.00
Fresh Salad with Roast Beef	4.00
Fresh Salad with Roast Pork	4.00

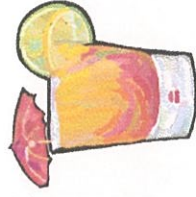
- Sandwiches and rolls – Wholemeal and multigrain only.
- Wholemeal flour, raw sugar and low fat milk are used in cooking
- Gluten Free bread available on request
- Avocado Add 50 cents



HOT FOODS	\$
Pasta – Lasagne, Macaroni Cheese, Tuna Pasta	4.00
Chicken Schnitzel in a roll with lettuce and mayo *	4.00
Pizza – Ham and Cheese * Ham and Pineapple *	2.70
Vegetable Pasties – Low Fat * - Pastry with potato, pumpkin celery and carrot	4.00
Zucchini Slice – Zucchini, Carrot, Onion, Bacon, Cheese, Flour, Eggs	4.00



THIRST QUENCHERS	\$
Juice - Apple and Black Currant	1.70
Fresh Milk – Low fat milk Chocolate, Strawberry	1.70
Milk- Cold and low fat	1.00
Bottled Water – Lightly Flavoured	1.70
Frozen Fruit Juicys – 100% real fruit	1.00
Dr Smoothie	
100% Healthy Smoothie	Small 1.00
100% Real Fruit Lemon / Berry	Large 2.00



PLEASE NOTE

- ❖ Frozen items, fruits and snacks will be sold over the counter at playtime & lunch time.
- ❖ Please write on lunch order bags with **black texta**.
- ❖ 10c for a paper bag
- ❖ Lunch orders to be in by 9.30a.m



Tuesdays

Tuesday will be a special menu day.

E.g. Sushi, fried rice, noodles,
Toasted Sandwiches etc. This will
be the only lunch item for sale on
the day. Please watch newsletter.
Over the counter sales will still be
available everyday at playtime and
lunch time for 15 minutes.



Carm's Tasty Treats For Healthy Eats!



CANTEEN OPERATION: Mon. Tues. Wed. Thurs. Fri.
Tuesday (Food preparation)

OPEN Playtime & Lunchtime for 15min.

* Denotes peanut traces as per packaging

Term 4 2016 & Term 1 2017