

MEAL SPECIALS

Pasta Dishes

| | |
|--------------------|--------|
| Penne Carbonara | \$5.00 |
| Penne Bolognese | \$5.00 |
| Vegetarian Shells | \$4.00 |
| Beef Lasagne | \$5.00 |
| Vegetarian Lasagne | \$5.00 |

Rice Dishes

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|--------------------------------|--------|
| Vegetarian Fried Rice | \$3.50 |
| Special Fried Rice | \$4.00 |
| Steamed Rice with Asian Greens | \$4.50 |

Other Meals

| | |
|----------------------------------|--------|
| Roast Meat with Roast vegetables | \$5.50 |
| Singapore Noodles | \$5.00 |
| Baked Potato with Toppings | \$4.50 |

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

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

Canteen Price List

Prices effective from January 2016



VEGETARIAN & HALAL & GLUTEN FREE

OPTIONS AVAILABLE



| | |
|---------------------------------------|-----------------------|
| <u>Breakfast</u> | Available from 8-00am |
| Cereal and Milk ..Full Cream or Skim | \$2.50 |
| Bacon and Egg Roll | \$4.00 |
| Bacon and Egg Muffin | \$4.00 |
| Scrambled Egg Wrap | \$4.80 |
| Egg Bacon & Sausage Wrap & Hash Brown | \$5.00 |
| Croissant Ham & Cheese | \$4.00 |



| | |
|----------------------|--------|
| <u>Drinks</u> | |
| 600ml Water | \$2.50 |
| 600ml Plain Milk | \$2.30 |
| 375ml Plain milk | \$1.70 |
| 300ml Plain Milk | \$1.20 |

DRINKS
Continued

| | |
|----------------------|--------|
| 600ml Flavoured Milk | \$4.00 |
| 375ml Flavoured Milk | \$3.50 |
| 300ml flavoured Milk | \$2.80 |
| Up and Go Milk | \$2.50 |
| Just Juice | \$2.00 |
| Fruit Juice 200ml | \$2.50 |
| Fruit Juice 350ml | \$3.20 |
| Fruit Juice 500ml | \$3.70 |



Ice Creams

Selection of approved ices available from canteen

Slushies

| | | |
|-------------|-------|--------|
| Fruit Juice | small | \$2.00 |
| | Large | \$3.50 |

Crisps

| | |
|-----------------------------|--------|
| Red Rock Potato Crisps 28gm | \$1.80 |
| Vege Chips 27gm | \$1.80 |

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 will be available on a rotating basis from time to time.



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 | | \$4.00 |
| Rolls | | \$4.50 |
| Wraps | Half | \$3.50 |
| Wraps | Whole | \$6.00 |
| Focaccia | Grilled | \$6.00 |

| | | |
|--------------------|--------------|--------------|
| Salads | Small | Large |
| Pasta & Rice Salad | \$4.50 | \$6.00 |
| Chicken Caesar | \$4.50 | \$6.00 |
| Greek Salad | \$4.50 | \$6.00 |
| Thai Salad | \$4.50 | \$6.00 |
| Tuna Salad | \$4.50 | \$6.00 |
| Beef Salad | \$4.50 | \$6.00 |

| | |
|---------------------|--------|
| Fresh Fruit (whole) | \$1.20 |
| Fruit Salad small | \$3.80 |
| Fruit Salad large | \$4.50 |
| Yoghurt | \$2.50 |
| Jelly | \$1.80 |



Metropolitan Canteens

Prices effective from January 2016

From our Resident Nutritionist Stephanie Wearne

From BodygoodFood

Web: www.bodygoodfood.com.au

| | |
|---|----------|
| Berry & Oat Muffins | \$3.00 |
| Banana & Coconut Bread (Homemade) | \$3.50 |
| Corn & Bacon Fritters | \$3.00 |
| Quinoa Salad | \$5.00 |
| Vietnamese Chicken Salad | \$5.50 |
| Roast Beef Wrap with spinach, Relish Red Onion & Mustard | \$6.00 |
| Mexican Bean Pots with guacamole, Sour Cream & Cheese | \$5.00 |
| Muesli Slice (Homemade) | \$3.50 |
| Energy Balls (Homemade) | \$2.00 |
| Rice Paper Rolls (2 medium) | \$3.50 |
| Sushi variety | \$3.00ea |

THE BAKERY

All made on site (low fat)

| | | |
|---------|------------|--------|
| Cookies | | \$2.50 |
| Muffins | Medium | \$2.50 |
| Muffins | Mega | \$4.00 |
| Slices | Commercial | \$4.00 |
| Slices | Homemade | \$3.50 |



THE BAKERY

Continued

All made on site (low fat)

| | |
|-------------------------|--------|
| Sausage Rolls | \$3.50 |
| Spinach & Ricotta Rolls | \$4.00 |
| Quiche | \$3.50 |
| Pasties | \$3.50 |
| Pies | \$3.50 |
| Pies Commercial | \$4.20 |

| | |
|---------------------------|--------|
| Croissant | \$3.00 |
| Croissant Ham & Cheese | \$4.00 |
| Croissant Cheese & Tomato | \$3.50 |

Burgers & Buns

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|------------------------------|--------|
| Chicken Schnitzel | \$5.00 |
| Grilled Chicken | \$5.00 |
| Cheeseburger | \$4.00 |
| Beef | \$5.00 |
| Hot Roast Beef & Gravy | \$5.00 |
| Vegetarian Burger | \$4.50 |
| Fish Fillet Burger | \$5.00 |
| Hot Dogs Plain with sauce | \$3.30 |
| Hot Dogs with Cheese & Sauce | \$3.60 |