



CANTEEN MENU

E = Everyday Choices – O = Occasional Choice (as stipulates under the NSW Healthy School Canteen Strategy)

- Sorry we **DO NOT** provide accounts, eftpos is available
- Special requests welcome, please come and speak with us, if you have any special dietary requirements or allergies please discuss with Canteen Staff, we are more than happy to accommodate.
- Pre-ordering of lunch each day before school starts is encouraged
- The specials change on a weekly basis, please follow Facebook to stay up to date or students can check the board at the canteen
- All sandwiches, wraps, rolls, salad bowls & specials are made with freshly prepared canteen cooked protein, prices may vary with some items

BREAKFAST – served before school

E	Fresh fruit salad cups	\$6.00
E	Yoghurt tub (lactose free available)	\$2.00
E	Build your own Toastie from Options: cheese, chicken, ham, avocado, tomato, onion, pineapple	\$4.00
E	Whole piece of fruit	\$1.00
E	Cereal bowl with milk & spoon	\$4.00
O	Bacon & Scrambled Egg wrap	\$4.00

DAILY SNACKS

E	Whole piece of fruit	\$1.00
E	Fresh fruit salad cup	\$6.00
E	Carrot or Cucumber sticks	\$0.50
E	Vege sticks with Hummus	\$1.50
E	Fresh popcorn	\$2.00
O	Red Rock Deli chips from	\$2.00
O	Grainwave sour cream and chives	\$2.50
O	Fresh Bakery cheese & bacon slice	\$1.00

DRINKS

E	Water (600ml)	\$3.00
E	Water (1.5 litre)	\$4.50
E	Orchy Juice (99% juice – 350ml)	\$3.00
E	Flavoured Milk (300ml)	\$3.00
E	Flavoured Milk (500ml)	\$4.00
E	Up & Go – No added sugar	\$2.00
E	Juice Bomb & Chill J varieties	\$3.00
E	Lactose Free Chocolate Milk	\$4.00
O	Hot / Cold Milo	\$2.00

FROZEN ITEMS

E	Fruit Slushie (99% juice)	\$3.50
O	Frozen Yoghurt	\$3.00
O	Frosty Fruit Sorbet fruit stack	\$3.00

HOT LUNCHES

Hot Lunches must be pre ordered

E	Toasted Wrap with your choice of filling	\$4.00
E	Zucchini Slice (can be served cold)	\$5.00
E	Grilled Chicken Burger	\$7.00
E	Lean Beef Burger	\$7.00
E	Chicken Goujons (6)	\$4.00
O	Large Pie / Sausage Roll	\$4.50
O	Mini Pizzas	\$4.00
	Tomato / BBQ Sauce	\$0.50

COLD LUNCHES

Sandwiches

E	Fresh daily made assorted sandwiches	\$5.00
E	Vegetemite or Cheese sandwich	\$2.00

Salad Bowl

E	Salad Bowl with your choice of protein & dressing Protein – prawns, chicken, ham, tuna, pulled pork Salad – avocado, lettuce, tomato, carrot, cucumber, onion, beetroot, cheese, egg, pineapple Dressings – Italian, Caesar, Sweet Chilli, Balsamic	\$7.00
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Rolls

E	Chicken salad with avocado	\$6.00
E	Ham salad with avocado	\$6.00
E	Salad with avocado & egg	\$6.00

Wraps – 12 inch (any Wrap can be toasted)

E	Chicken Salad	\$7.00
E	Ham & Salad	\$7.00
E	Salad / Slaw	\$6.00
E	Build your own Wrap	\$7.00

STATIONARY

pens, pencils, rulers, art & exercise books, etc. are also available for purchase

