

## RECESS

Apple Slinky	\$1.00
Piece of whole fruit	\$0.50
Popcorn	\$0.50
Cheesie (Plain cheese)	\$1.50
Cheesie (& pizza sauce)	\$1.50
<i>(Served on a wholemeal roll)</i>	
Fruit Muffins	\$1.50
<i>(Flavour changed frequently)</i>	
Nut Free Bliss Ball	\$1.00
Fruit Salad	\$3.00
Add natural yoghurt	\$0.50

## SANDWICHES/ ROLLS

Vegemite	\$2.50
Cheese	\$3.00
Cheese & Vegemite	\$3.50
Ham	\$4.00
Ham & Cheese	\$4.50
Ham/Cheese/Tomato	\$4.50
Egg	\$4.00
Chicken	\$4.00
Tuna	\$4.00
Add salad (Tomato, cucumber, carrot or lettuce or all of the above!)	\$0.50
Toasted extra	\$0.50
Rolls extra	\$0.50

*(Wholemeal bread is used unless  
Hi fibre Low GI white is specifically  
requested)*

## SALADS

Super Salad Box	\$5.00
<i>(Lettuce, tomato, cucumber, beetroot and carrot, ham, chicken, tuna or egg)</i>	
Wholemeal roll extra	\$0.50

## LUNCH - THURS & FRI

Pasta Bolognese	\$5.00
<i>(Penne with bolognese sauce, topped with cheese)</i>	
Pasta Napoletana	\$5.00
<i>(Hand-made napoletana sauce, topped with cheese)</i>	
Butter Chicken	\$6.00
<i>(Served with rice and a pappadam)</i>	
Nachos	\$6.00
<i>(Corn Chips with a Mexican mince and bean mix topped with lettuce, fresh salsa, cheese and sour cream)</i>	

Sushi	\$6.00
<i>(chicken or Tuna)</i>	

## LUNCH - THURSDAY ONLY

Pizzas	
- Hawaiian - ham, cheese and pineapple	\$5.00
- Margarita - tomato and cheese	\$5.00
- Veggie Delight - cheese, tomato, olives and capsicum	\$5.00
- Ham and Cheese	\$5.00

## LUNCH - FRIDAY ONLY

Large Sausage Roll	\$4.00
Sausage Roll	\$3.00
<i>(With hidden vegetables!)</i>	
Sauce	\$0.30

## AFTER LUNCH SALES ONLY

Slice of Cake	\$2.00
<i>(Flavour changed frequently)</i>	
Frozen Fruit Pieces	\$0.50
<i>(watermelon or orange wedges)</i>	
Smooze	\$2.00
<i>(Pineapple and coconut, Banana and coconut and Mango and coconut)</i>	
Icypole	Half \$0.50 Whole \$1.00

**Please note at this stage all  
frozen treats will be over the  
counter only.**

## DRINKS

Water 600ml	\$1.00
Plain Milk 300ml	\$1.50
Lemonade	\$1.50
<i>Homemade Lemonade</i>	
Nudie Juice 250ml	\$2.00
<i>(Apple, orange or tropical)</i>	
Warm Milo	\$1.50
Cold Milo	\$1.50

**For feedback or interest in  
volunteering we'd love to  
hear from you! Please  
contact our Canteen  
Manager Amanda Osborne  
on 0439484343 or  
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