

## RECESS

Apple Slinky	\$0.50
Piece of whole fruit	\$0.50
Apple Crumble Cup	\$1.00
Pear Crumble Cup	\$1.00
<i>(Layers of freshly stewed apple or pear with a crumble topping)</i>	
Yoghurt Swirl Pot	\$1.50
<i>(Natural yoghurt with a little honey and a fruit swirl topping)</i>	
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>	
Pumpkin, Carrot and Cheddar Scones	\$1.50

## SANDWICHES/ ROLLS OR WRAPS

Vegemite	\$2.00
Cheese	\$2.50
Cheese & Vegemite	\$3.00
Ham	\$3.50
Ham & Cheese	\$4.00
Ham/Cheese/Tomato	\$4.00
Egg or Curried Egg	\$3.50
Chicken	\$4.00
Tuna	\$4.00
Add salad (Tomato, cucumber, carrot or lettuce or all of the above!)	FREE
Toasted extra	\$0.50
Rolls extra	\$0.50
Wraps extra	\$0.50
<i>(Wholemeal bread is used unless Hi fibre Low GI white is specifically requested)</i>	

## SALADS

Garden Salad Box	\$3.50
<i>(Lettuce, tomato, cucumber, beetroot and carrot)</i>	
Super Salad Box	\$4.50
<i>(As above plus add a dose of protein -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>	
J\$4.00	
Gnocchi Napoletana	\$5.00
<i>(Hand-made with napoletana sauce, topped with cheese)</i>	
J\$4.00	
Butter Chicken	\$5.00
<i>(Served with rice and a pappadam)</i>	
J\$4.00	
Hearty Chicken, Vegetable and Noodle Soup	\$5.00
J\$4.00	
Smooth Pumpkin and Sweet Potato Soup	\$4.00
J\$3.00	
<i>(Soups served with a whole buttered wholemeal roll or half for a junior serve)</i>	

Bowl of Homemade Baked Beans	\$4.00
J\$3.00	
<i>(Served with wholemeal toast fingers and grated cheese)</i>	

## LUNCH - THURSDAY ONLY

Pizzas	
- Hawaiian - ham, cheese and pineapple	\$5.00
- Margarita - tomato and cheese	\$4.50
- Veggie Delight - cheese, tomato, olives and capsicum	\$5.00
Chinese Chicken	\$5.00
<i>(Chicken drumstick marinated in tamari, honey and sesame seeds and served with steamed rice and sliced cucumber)</i>	

For feedback or interest in volunteering we'd love to hear from you! Please contact our Canteen Manager Jessica Tercier. 0438549870 or [tercier.j.m@gmail.com](mailto:tercier.j.m@gmail.com)

## LUNCH - FRIDAY ONLY

Large Sausage Roll	\$4.00
Sausage Roll	J\$3.00
<i>(With hidden vegetables!)</i>	
Sauce	\$0.30
Beacy Burger	
Beef	\$5.00
Chicken	\$5.00
Bean and Vegetable	\$4.50
<i>(Served with salad on a wholemeal roll)</i>	

## AFTER LUNCH SALES ONLY

Slice of Cake	\$1.50
<i>(Flavour changed frequently)</i>	
Apple Crumble Bar	\$1.50

## DRINKS

Water 600ml	\$1.00
Plain Milk 300ml	\$1.50
OJ Spritzer	\$1.50
<i>(Freshly squeezed orange juice with a dash of soda water)</i>	
Nudie Juice 250ml	\$2.00
<i>(Apple, orange, tropical or apple blackcurrant)</i>	
Fruit Smoothie	\$2.00
<i>(Made with fresh and/or frozen fruit, milk, natural yoghurt and a dash of honey)</i>	
Warm Milo	\$1.50

Every item on this menu is made from scratch in the school canteen with the freshest ingredients sourced from local suppliers. Our canteen follows the "Healthy Food and Drink Policy Traffic Light System" where **Green** items are everyday choices and **Amber** items are to be consumed in moderation.

**J = Junior Portion**