



MORNING RECESS

Honey Joys	.50
Pikelets	.50
Muffins (Homemade)	1.60
Brownies Yoghurt	2.20
Rice Bubbles Slice	1.00
Apple, Carrot, Choc Chip Biscuits	1.10
Cheesies	1.30
Nachos	2.50
Goujons	.50
Fruit	1.00
Swirls	1.00
Mini Ham & Cheese Muffins	.50
Ham Pizza(Homemade)	1.40
Veggie Sticks & Dip	2.10
Apple Slinky	1.20
Anzac Biscuits	.90
Healthy Choc Coconut Bliss balls	.80
Fruit Salad Cup	2.10

ICE CREAM

Ice Cup	.50
Pineapple Rings	.40
Juicy	1.40
Vanilla Ice Cream Cup	1.60
Brownies Yoghurt	2.20
Frozen Oranges	.30
Paddle Pop	1.90
Froyo	2.40
Brownies Frozen Yoghurt	2.40

DRINKS

Plain Milk	1.30
Choc Milk	2.40
Pink Milk	2.40
Spearmint Milk	2.40
Orange/Tropical/Apple Nudie Juice	2.00
Water	1.60

Celiac Safe Food

Products with preservatives and colouring that should be avoided

LUNCH

Salads:

Salad	5.10
Salad with Tuna	5.80
Salad with Goujons	5.80
Salad with Ham	5.80
Salad with Chicken	5.80
Salad with Fish	5.80
Fruit Salad	3.90
Fruit Salad & Ice Cream	5.10
Fruit Salad & Yoghurt	5.10

Sandwiches
(Wholemeal/no butter on request)

Salad	3.50
Salad & Tuna	4.00
Salad & Free Range Eggs	3.90
Salad & Cheese	3.90
Salad & Chicken	4.10
Salad & Ham	4.10
Without salad	-.80
Vegemite	1.60
Curried Egg	4.00

Extras:

Cheese	.60
Beetroot	.60
Rolls	.60
Pita Bread (Homemade)	.60
Gluten Free Bread	.60
Boiled Eggs	.60

Toasted Sandwiches
(Wholemeal on request)

Cheese	2.40
Cheese & Tomato	2.80
Baked Beans (Homemade)	3.10
Ham	3.40
Free Range Egg	3.20
Chicken	3.40
Cheese & Chicken	4.00
Cheese & Ham	3.50
Tuna & Cheese	3.60
Cheese, Ham & Tomato	3.90
Extras:	
Cheese or Mayo	.60

Hot Foods:

Macaroni Cheese	3.90
Bolognese Twirls	3.90
Ravioli	3.90
Lasagne	3.90
Baked Potato (any filling)	3.90
Egg & Ham Tartlets	2.10
Salad extra	1.30
Sauces (Chilli/Yoghurt/Sour Cream)	.60
Tomato Soup & Dinner Roll	3.90

MEAL DEALS

Monday:

Pizza:	
Vegetarian/Bacon Blitz/Pineapple	3.90
Extra cheese	.60
Homemade Mini Quiche:	
Vegetarian/Ham/Ham & Corn	1.10
Sausage Roll	2.10
Meat Pie	2.80
Party Pie	1.40
Sauce	.30

Wednesday:

Large Hamburger & Salad	4.70
Soup of the Week & Dinner Roll	4.70
(check previous weeks newsletter)	

Friday:

Teriyaki Chicken Meal with Rice	6.50
Sushi:	
(Vegetarian/Chicken/Tuna) x 4	5.10
x 6	6.50
Fish Burger	4.70
Warm Chicken Wrap & Salad	4.70

Please mark bags with Child's Name, Class, Lunch Order and Value

Leanna Wightman 0414 953 958

The Canteen is very happy to be flexible with dietary needs