



2019 - TERM 1 - CANTEEN MENU

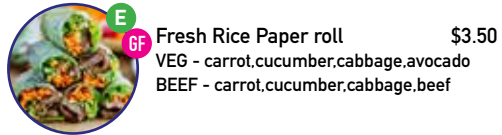
LUNCHTIME ONLINE ORDERS

NSW HEALTH - HEALTHY CANTEEN RATINGS

- E** EVERYDAY FOOD 4.5 STARS AND ABOVE
- S** SOMETIMES FOOD 3.5 STARS AND ABOVE
- GF** GLUTEN FREE OPTION

MONDAY LUNCH ORDER

SUSHI



E **GF** Fresh Rice Paper roll \$3.50
 VEG - carrot,cucumber,cabbage,avocado
 BEEF - carrot,cucumber,cabbage,beef



Sushi Roll \$3.50
 Avocado
 Cucumber+Avocado
 Chicken Teriyaki
 Chicken+Avocado
 Chicken+Cucumber
 Cooked Tuna
 Cooked Tuna+Cucumber
 Cooked Tuna+Avocado
 Salmon
 Salmon+Avocado
 Salmon+Cucumber



S Dumplings Gyoza (4pcs) \$3.50
 Japanese pan-fried dumplings minced pork,noodles,vegetable



S Mini Springrolls (4pcs) \$3.50
 crispy fried with vegetables and noodles

THURSDAY LUNCH ORDER

SANDWICHES



E **GF** Salad Box \$3.00
 iceberg lettuce,carrot,tomato,corn kernels
 Add Optional - ham \$1.00
 Add Optional - shredded cheese \$0.50



S Ham & Cheese Croissant \$3.50



E Salad Roll \$3.50
 wholemeal roll, iceberg lettuce, carrot, tomato

Salad Roll with Cheese \$4.00
 wholemeal roll, iceberg lettuce, carrot,tomato, shredded cheese

Salad Roll with Ham \$4.00
 wholemeal roll, iceberg lettuce, carrot, tomato, ham

FRIDAY LUNCH ORDER

HOT FOOD



S Inghams Yummy Drumsticks \$1.20
 Australian chicken coated in a golden crunchy crumb

Add Option - Tomato Sauce \$0.20



E Plain Cooked Rice 100g (1cup) \$1.20
 Add Option - GF Soy Sauce
 Add Option - Soy Sauce



S Mamee Express Noodle Cup \$2.00
 Flavours: Beef or Chicken (60g)



S Good Tucker Sausage Roll \$2.60

Add Option - Tomato Sauce \$0.20



S Garlic Bread (2pcs) \$0.30

WELL BEING WEEK

Friday 15th March



**ROAST CHICKEN ON A ROLL
 + DRINK OF YOUR CHOICE**

SPECIAL \$5

ORDER ON QKr!

No other food orders available on this Friday
 Extra Parent Helpers needed

**LUNCH ORDERS
 MUST BE MADE ON**

**LUNCH ORDER
 DRINKS**



NO CASH ACCEPTED



E Nippy's Chocolate Milk (250ml) \$1.50



E Nippy's Strawberry Milk (250ml) \$1.50



E Nippy's 100% Orange Juice (250ml) \$1.50



E Nippy's 100% Apple Juice (250ml) \$1.50



E KIK+ 99.9% Juice Apple Mango Banana (250ml) \$1.50
 *carbonated



E OZ Spring Water (250ml) \$1.00



Everyday/Sometimes NSW Healthy Canteen Ratings are determined not only by the ingredients but also by the limited portions sizes to meet our healthy canteen targets for 2019



2019 - TERM 1 - CANTEEN MENU

LUNCHTIME ONLINE/COUNTER SNACKS

NSW HEALTH - HEALTHY CANTEEN RATINGS

- E** EVERYDAY FOOD 4.5 STARS AND ABOVE
- S** SOMETIMES FOOD 3.5 STARS AND ABOVE
- GF** GLUTEN FREE OPTION

MONDAY/THURSDAY/FRIDAY SNACKS

ORDER ON
QKr!



S SUMO Mini Cookies & Cream (20g) \$0.50



S Atomic Popcorn Lightly Salted (20g) \$0.50



S **GF** Roasted FAV-VA BEANS Pizza (15g) \$0.80



S Jumpy's Chicken (18g) \$0.80



S Pretzel Mini Bag (28g) \$0.80



S Rice Cracker Mix (28g) \$0.80

FRIDAY COUNTER SNACKS

CASH ONLY!



E **GF** Seasonal Fruit & Veg Snack Bag \$0.20



Wonka Raspberry Twister \$0.20
qty limited



Yoghurt Frogs - Vitabite \$0.20
qty limited

OCCASIONAL SPECIAL TREATS (not every friday)



E Pikelet pancake with strawberry jam \$0.50



S Pastizzi Spinach/Ricotta \$0.80

FRIDAY FROZEN SNACKS

CASH ONLY!



S Quelch Berry Fruit Stick (70ml) \$0.50



S Calippo Minis Raspberry Pineapple (60ml) \$1.00



S Moosies Chocolate (85g) \$1.50



S PF Gelato Cup Strawberry (100ml) \$1.50



S Paddle Pop Icy Twist Lemonade (75ml) \$1.50



S **GF** Weis Mango Passion Dessert Bar (44ml) \$2.00