

## RECESS

G Cheesie or Cheesemite	\$1.20
A Hash Browns (MAX 2)	\$0.80 ea
G Apple Slinky	\$1.00
G Chocolate Yogo	\$2.20
G Jelly & Fruit Cup	\$0.80
A Mamee Rice Sticks – Cheese or vegetable Flavour	\$1.20
G Popcorn – Lightly Salted, Sweet & Salty	\$1.40

## DRINKS

G LOL <b>Lunch Only</b>	\$2.20
Tropical, Raspberry or Blackcurrant	
G Flavoured Milk	\$2.20
Banana, Strawberry, Chocolate, Choc Mint	
G Flavoured Water	\$2.00
Lemon & Lime, Orange & Peach, Strawberry	
G Juiceman	\$1.70
Apple, Orange, Apple & Blackcurrant	
G Cold Milo	\$1.70

## TOASTED SANDWICHES

G Ham & Cheese	\$4.70
G Chicken & Cheese	\$4.70
G Cheese	\$4.00
G Ham, Cheese & Tomato	\$4.90
A Toasted Turkish Bun	\$6.50
Chicken or Ham & Includes-cheese, avocado, onion, spinach, sundried tomatoes & mayo	



## KALAMUNCHIES

2017 SUMMER MENU

TERMS 1 & 4

### COLD FOOD

G Salad	\$5.20
Choice of chicken or ham with lettuce, carrot, cucumber, tomato, onion, egg, cheese, buttered bread, Italian dressing	
G Chicken & Salad Wrap	\$5.20
Diced chicken, lettuce, grated carrot, cheese with mayonnaise in a pita bread wrap	
G Chicken or Ham Salad Sandwich	\$5.00
G Cheese & Salad Sandwich	\$4.60
G Salad Sandwich	\$4.30
G Vegemite Sandwich	\$2.90
G Plain Egg Sandwich	\$3.60
G Curried Egg & Lettuce Sandwich	\$4.10

Salad in sandwiches include: lettuce, carrot, tomato, cucumber

Please add 50c for Rolls

### PLEASE NOTE

All bread & rolls used are white hi-fibre low GI

**ONLINE ORDERING AVAILABLE THROUGH:**

[www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au)

**ALL RECESS & LUNCH ITEMS MUST BE PRE ORDERED BEFORE 9.00AM TO AVOID WASTAGE & LATE LUNCHES**

**Canteen is OPEN on Monday, Wednesday & Friday from 8.30am**

## HOT FOODS

G Hamburger	\$5.70
Served with beef patty, lettuce, carrot, tomato & tomato sauce	
G Chicken Burger	\$5.70
Served with chicken patty, lettuce, carrot, tomato & mayo	
G Sweet Chilli Chicken Wrap	\$5.30
Two sweet chilli chicken tenders, lettuce, cucumber with sweet chilli sauce and mayonnaise	
G Hot Dog	\$5.00
A Pizza Slice –Ham & Pineapple or Cheese & Bacon	\$3.70
G Spaghetti Bolognaise	\$4.50
G Macaroni & Cheese	\$4.50
G Beef Stir Fry Noodles	\$4.70
A Beef Pie (MON & WED ONLY)	\$4.40
A Sausage Roll (MON & WED ONLY)	\$3.50

### EXTRA'S

Cheese Slice	\$0.30
Tomato Sauce	\$0.30
Mayo	\$0.30

### ICE CREAMS

A Paddle Pop (Rainbow, Choc, Banana)	\$1.50
A Paddle Pop Special	\$2.00
A Tropical Yoghurt Paddle Pop	\$1.80
G Icy Sticks (Full Size)	\$1.00
G Icy Stick (Half) (flavours vary)	\$0.50
A Everest Low Fat Vanilla Tub	\$1.00

**Milo is to be collected from the canteen**

**Ice creams are available for sale from 12.30pm**

**Recess orders need to be collected from the canteen.**

**Lunch orders are delivered to classrooms at lunch.**

