RECESS

G  Cheesie or Cheesiemite  $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  Lunch Only  $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 NOTE

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

ONLINE ORDERING AVAILABLE THROUGH:  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.