

CANTEEN MENU 2010

BREAKFAST/SNACKS		SUPER SANDWICHES		SALAD BAR	
<ul style="list-style-type: none"> ➤ The canteen will be open from 8.00am for breakfast and to receive all pre ordered lunch and recess items. 		<ul style="list-style-type: none"> ➤ To avoid disappointment and queues please pre order at breakfast ➤ Other varieties/combinations available on request 		<ul style="list-style-type: none"> ➤ To avoid disappointment and queues please pre order at breakfast ➤ All Small tubs \$3.00 ➤ All Large Tubs \$4.00 	
Cereal -Cornflakes/Nutri grain	\$2.50	Salad	\$3.20	Fresh Fruit Salad	\$3.00
Fresh Fruit Salad Tubs	\$3.00	Cheese & Salad	\$3.50	Watermelon Tubs	\$3.00
Fresh Yogurt	\$2.00	Egg & Lettuce	\$2.60	Rockmelon Tubs	\$3.00
Up and Go	\$3.00	Curried Egg	\$2.60	Garden salad	\$3.00
Cheese and Bacon Rolls	\$2.50	Chicken, Lettuce & Mayo	\$3.20	Pasta Salad	\$3.00
Hash Browns – (Low fat)	\$1.00	Chilli Chicken, Lettuce & mayo	\$3.20	Egg Garden Salad	\$3.00
Bacon Egg Rolls	\$3.00	Chicken & Salad	\$3.50	Cheese Garden Salad	\$3.00
Toasted sandwiches	\$2.50	Ham	\$2.80	Ham Garden Salad	\$3.00
Cheese Subs	\$1.50	Ham, Cheese & Tomato	\$3.20	Chicken Garden Salad	\$3.00
Toast (2 slices) Jam/Vegemite	\$1.50	Ham & Salad	\$3.50	Tuna Garden Salad	\$3.00
LUNCH HOT FOOD		Salmon	\$3.00	Salmon Garden Salad	\$3.00
<i>As per guidelines</i>		Salmon & Salad	\$3.50	Caesar Salad	\$3.00
Chicken Burger	\$3.50	Tuna, Onion & Tomato	\$3.20	Chicken Caesar Salad	\$3.00
Fish Burger	\$3.50	Cheese & Tomato	\$2.50	Chicken Pasta Salad	\$3.00
BBQ Beef, Bacon Burger	\$3.50	Cheese	\$2.00	Tuna Pasta Salad	\$3.00
BBQ Pork Rib	\$2.00	Vegemite/Jam	\$1.80	DRINKS	
BBQ Pork Rib Wrap	\$3.50	All extra salad/condiments	\$0.20	<i>As per guidelines</i>	
Chicken Tender	\$2.00	Bread & Butter	\$0.80	Water	\$2.00
Chicken Tender Wrap	\$3.50	COLD WRAPS		Juice Tetra	\$1.50
Chilli Chicken Wrap	\$3.50	Egg & lettuce	\$4.00	Juice	\$3.00
Garlic Bread	\$1.50	Chicken, Lettuce & Mayo	\$4.00	Playwater	\$3.00
Hot Dog & Sauce (low fat)	\$2.50	Chicken & Salad	\$4.00	Cans – Zero Sugar	\$2.00
Hot Dog & Cheese (low fat)	\$2.75	Chilli Chicken, lettuce & mayo	\$4.00	Flavoured Milk Small	\$2.50
Noodles	\$2.50	Chicken Caesar	\$4.00	Flavoured Milk Large	\$3.50
Pies (Low fat)	\$3.00	Ham & Salad	\$4.00	Maxi Ice 600mls	\$3.00
Sausage Rolls (low fat)	\$2.70	Salad	\$4.00	Diet Rite 600mls	\$2.50
Cheese & Spinach Roll	\$3.50	Cheese & Salad	\$4.00	Hot chocolate	\$2.00
Fresh Assorted Pizza		Salmon & Salad	\$4.00	FROZEN TREATS	
Chicken/ham/vegie	\$3.50	ALL HALF WRAPS		<i>As per guidelines</i>	
Fresh Assorted Pasta:		OPEN ROLLS		Slushies	\$2.00
Spaghetti/penne/chicken		Salad	\$3.50	Frozen Yoghurt	\$2.50
Large	\$4.00	Cheese & Salad	\$3.50	Paddle Pops	RRP
Small	\$3.00	Egg & lettuce	\$3.50	Frozen Juice cups	\$1.30
DELUX BURGERS		Chicken, Lettuce & Mayo	\$3.50	Ice Cream Tubs	\$2.00
<i>All deluxe burgers come with Lettuce, Tomato, Beetroot, Cheese & Sauce.</i>		Chicken & Salad	\$3.50	SNACKS	
<i>Pre orders only.</i>		Chilli Chicken, lettuce & mayo	\$3.50	<i>As per guidelines</i>	
Char Grilled Beef Burger	\$3.80	Chicken Caesar	\$3.50	Jelly Cups	\$1.00
Chicken Burger	\$3.80	Ham & Salad	\$3.50	Eucalyptus drops	\$1.70
Fish Burger	\$3.80	Ham, Cheese & tomato	\$3.50	Chips	\$2.00
Oz Beef Burger & Egg	\$3.80	Salmon, lettuce & cucumber	\$3.50	Ovaltines	\$1.20
Beef & Bacon Burger	\$3.80	Salmon & Salad	\$3.50	Cookies	\$2.80
Chicken Bacon Burger	\$3.80			Muffins (Low fat)	\$2.80
				SPC Fruit Tubs	\$1.50

DAILY SPECIALS

MONDAY	CHICKEN BURRITO	\$3.50
TUESDAY	All HALF WRAPS	\$2.00
WEDNESDAY	PIZZA POCKET	\$3.00
THURSDAY	CHICKEN CEASAR WRAP	\$3.50
FRIDAY	FRIED RICE & CRISPY SPRING ROLL	SMALL \$3.00 LARGE \$4.00