



CAFETERIA MENU 2017 (T3)

Breakfast - 7.35am | Recess - 11.00am | Lunch 1.00pm

SANDWICHES & BAGUETTES

| (Wholemeal/Multigrain) | \$ | \$ |
|-----------------------------|---------|----------|
| | S/W: | Baguette |
| Chicken & Avocado | \$ 4.00 | \$ 5.00 |
| Chicken & Salad | \$ 4.00 | \$ 5.00 |
| Chicken, Lettuce & Mayo | \$ 4.00 | \$ 5.00 |
| Turkey & Salad | \$ 4.50 | \$ 5.00 |
| Turkey, Lettuce & Cranberry | \$ 4.50 | \$ 5.00 |
| Ham & Salad | \$ 4.00 | \$ 5.00 |
| Roast Beef & Salad | \$ 4.00 | \$ 5.00 |
| Roast Beef, Pickle & Cheese | \$ 4.50 | \$ 5.00 |
| Salad | \$ 3.50 | \$ 4.00 |
| Curried Egg & Lettuce | \$ 4.00 | \$ 5.00 |
| Tuna & Lettuce | \$ 3.50 | \$ 4.00 |
| Tuna & Salad | \$ 4.00 | \$ 5.00 |
| Ham, Cheese & Tomato | \$ 3.50 | \$ 5.00 |
| Ham & Cheese | \$ 3.50 | \$ 4.00 |
| Cheese | \$ 3.00 | \$ 3.50 |
| Vegemite | \$ 2.50 | \$ 3.00 |
| Jam | \$ 2.00 | \$ 2.50 |
| Butter | \$ 0.60 | \$ 1.50 |

*For Focaccia, add extra \$1.00

*For Toasted, add extra \$1.00

Extra - Beetroot, Red Onion, Mayo,

Red capsicum, Cucumber, add extra 70c

GF Bread, add extra \$1.00

GF Wraps, add extra \$1.00

WRAPS & SALADS

| | \$ |
|-------------------------------------|---------|
| Salad | \$ 4.50 |
| Meat & Salad | \$ 5.00 |
| Caesar Salad Wrap | \$ 5.00 |
| Small Egg Salad | \$ 4.00 |
| Medium Egg Salad | \$ 5.00 |
| Large Egg Salad | \$ 7.00 |
| Buffalo Wings & Salad (Peanut Free) | \$ 7.00 |

HOT FOOD AVAILABLE DAILY

| | \$ |
|--|---------|
| Quiche - Lorraine or Spinach/Feta | \$ 4.00 |
| Macaroni & Cheese | \$ 5.00 |
| Beef, Chicken or Vegetarian Burger | \$ 5.00 |
| Potato Top Pie & (GF) Pie | \$ 4.50 |
| Good Eating Meat OR Gluten Free Pie | \$ 4.50 |
| Good Eating Sausage OR Spinach Ricotta Roll | \$ 3.50 |
| Sweet Chilli Chicken Wraps | \$ 4.50 |
| Pastie | \$ 4.50 |

OTHERS

| | \$ |
|---------------------------------|---------|
| Jelly & Fruit Cups | \$ 1.50 |
| Gourmet Chips (GF) | \$ 1.50 |
| Vege Chips (Selected GF) | \$ 1.00 |
| Banana Bread | \$ 1.80 |
| Protein Balls | \$ 3.50 |
| Slushies | \$ 2.50 |
| <u>ICE CREAM</u> | |
| Cornetto (Chocolate or Vanilla) | \$ 2.00 |
| Choc Shake | \$ 2.00 |
| Calippo | \$ 1.20 |
| Icy Twist | \$ 1.20 |
| Paddle Pops | \$ 1.60 |
| Vanilla Cups | \$ 1.00 |

FROM THE FRIDGE

| | \$ |
|---|---------|
| Emma & Tom's Healthy Pure Juice Range | \$ 4.50 |
| Lipton Iced Tea (Mango, Peach & Raspberry) | \$ 3.80 |
| Flavoured Milk - 600ml | \$ 3.50 |
| Flavoured Milk - 300ml | \$ 2.50 |
| Up & Go (Vanilla, Chocolate & Strawberry) | \$ 2.50 |
| Water 600ml | \$ 2.50 |
| Yoghurt Tubs & Chocolate Yogo | \$ 2.50 |
| Popper Juice (Apple, Apple & Blackcurrant & Tropical) | \$ 2.50 |

AVAILABLE EVERYDAY

| | \$ |
|------------------------------------|---------|
| 3pc Combo Sushi | \$ 3.50 |
| 3pc Chicken Teriyaki Sushi | \$ 3.50 |
| 3pc Crispy Chicken Vegetable Sushi | \$ 3.50 |
| 3pc Tuna Sushi | \$ 3.50 |
| 5pc Combo Sushi | \$ 5.00 |
| 5pc Chicken Teriyaki Sushi | \$ 5.00 |
| 5pc Crispy Chicken Vegetable Sushi | \$ 5.00 |
| 5pc Tuna Sushi | \$ 5.00 |
| Piece of Fruit - In Season (GF) | \$ 1.00 |
| Seasonal Fruit Cups (GF) | \$ 1.00 |
| Medium Fruit Salad (GF) | \$ 5.00 |

Please take note of the following:

Menu will change from time to time.

No orders taken after 9AM.

Lunch orders will be served first.

Note: (GF) Gluten Free

MENU TERM 3
DAILY SPECIALS

| | | \$ | | \$ |
|---------|-------------------------|----|--------|----------|
| Monday: | Chicken Noodle Stir Fry | \$ | 7.00 L | \$5.00 S |

Tuesday: Spaghetti Bolognese \$ 7.00 L \$5.00 S

| | | | | |
|------------|----------------------|----|--------|----------|
| Wednesday: | Chicken Adobo & Rice | \$ | 7.00 L | \$5.00 S |
|------------|----------------------|----|--------|----------|

Thursday: Beef & Pork Roll with Gravy \$ 5.00 L

| | | | | |
|---------|----------------------------------|----|--------|----------|
| Friday: | Sticky Soy Chicken & Potato Bake | \$ | 7.00 L | \$5.00 S |
|---------|----------------------------------|----|--------|----------|