

Winter Menu

The canteen menu is consistent with the Australian Dietary Guidelines for Children and Adolescents. The menu includes a wide variety of food from the five food categories and, where possible, food is made from scratch.

Recess

Available daily
No online ordering

Assorted savoury and sweet scrolls	\$1.50
Muffins	\$1.50
Fruit	\$0.50
Gluten-free biscuits	\$0.50
Daily Specials	(Assorted prices)

Salad Boxes

Available daily

Gourmet salad box (V, VV, GF) <i>Includes egg, lettuce, carrot, cheese, tomato, cucumber, sprouts, pineapple and beetroot</i>	\$6.00
Tuna, chicken or ham in salad box (GF)	\$7.00
Caesar salad (chicken + \$1.00)	\$6.00

Drinks

Available daily

300mL Flavoured milk	\$3.00
600mL Flavoured milk	\$4.00
Emma & Tom's Cloudy Apple juice	\$3.00
Emma & Tom's Orange juice	\$3.00
Harvey Fresh Juice boxes <i>Apple and Blackcurrant</i>	\$2.00

Frozen Treats

Available daily

Dixie ice cream bucket	\$2.50
Miloshake	\$3.00
Frozen Juice ice cup	\$1.00

Daily Specials

Monday

Mrs Mac's sausage roll (GF)	\$3.20
Mrs Mac's pies	\$4.00
Mrs Mac's veggie pasties (V)	\$4.00
Mrs Mac's spinach and ricotta rolls (V)	\$3.00
Homemade lasagna pie (sauce + \$0.50)	\$4.00

Tuesday

Homemade Butter Chicken Curry	\$6.00
Homemade Vegetarian Curry (V)	\$6.00

both served with steamed rice

Wednesday

Noodle Box (V) <i>Stir-fried egg noodles with vegetables</i>	\$6.00
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Thursday

Hot Beef Rolls <i>Roast Beef and gravy served in continental roll</i>	\$5.00
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Friday

Fish bites, chips and garden salad	\$6.00
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Sandwich Bar

(V, GF) Available daily

Breads

Select one of the following | Multigrain, white and gluten-free options available (+ \$1.00)

Sandwich	\$4.00	Vegemite roll	\$3.00
Roll	\$4.50	Plain roll	\$2.00
Turkish (1/2)	\$4.50		

Fillings

Select one of the following | Additional protein \$0.50
Ham, tuna, chicken, roast beef, cheese and egg (plain or curried)

Dressings and Sauces

Comes with a choice of mayonnaise, pickles, tomato, chilli or bbq sauce

Salad

Includes lettuce, shredded carrot, tomato and cucumber

Hot Options

Available daily

Homemade soup and roll	\$4.50
Hot rolls <i>Choice of chicken, cheese and mayo or tropicana (ham cheese and pineapple)</i>	\$4.00
Burger (V) (cheese + \$0.50) <i>Choice of beef, fish, chicken or vegetarian burger patty with salad in a light wholemeal burger bun</i>	\$5.50

Toasted Sandwiches

Two Fillings for \$4.50 **(VV, GF)**

Select from the following | Additional filling \$0.50

Baked beans, spaghetti, ham, chicken, cheese, tomato, pineapple, avocado and tuna

VV - Vegan option available V - Vegetarian option available
GF - Gluten Free option available