



Sandwiches, Rolls and Wraps

- \$2.00-Spreads, Tomato, Cheese ,
- \$2.60-Cheese and Tomato,
- \$3.00 Egg and Lettuce, or plain ham, chicken or tuna
- \$3.00 Salad (Lettuce Cucumber, Carrot, tomato and Mayo)
- \$3.60-Cheese and Salad,
- \$3.80 Ham or Tuna and Salad or, Ham, Cheese and Tomato,
- \$3.80 SF Chicken Lettuce and Mayo,
- \$2.50 Half wraps. \$4.80 Full Wraps
- \$4.80 Focaccia-Chicken or ham with Lite Tasty Cheese
- \$4.80 Mediterranean Vegetable
- \$4.80 Tasty Cheese, Tomato with Herb and Garlic Butter.
- Rolls extra \$0.70

Extra Fillings add \$0.60per filling, meat items & avocado add \$1.00

Salads

- \$3.50 Lettuce, Tomato, Carrot, Cucumber, Cheese and Lite Dressing,
- \$3.50 Fresh Fruit Salad
- \$5.00 Large Chicken or Ham Salad,
- \$4.80 Assorted Daily salads
- \$2.80 Sushi Californian Roll assorted.

Slices, Cakes and Muffins

- \$2.00 Reduced Fat and Sugar Donuts, , Pineapple, Passionfruit, Cinnamon ,Jam
- \$2.80 Large Cookies
- \$2.00 Mini Muffins
- \$3.00 Fresh Fruit Texan Muffins, Blueberry (LF), Apple and Cranberry (LF)
- \$2.60 Assorted Slice, Hedgehog, Apple, Cherry etc

Beverages

- \$1.50 - 200ml Juice Box, \$2.30 300ml Fruit Juice, \$3.20 500ml Fruit Juice
- \$1.50 300ml Plain Milk \$2.40 600ml plain milk \$2.20 300ml flavoured milk \$3.20 600ml flavoured milk \$2.20- 600ml Water, \$2.20 375ml Cans,
- \$2.50 Hot Tea, Coffee, Chocolate.
- \$3.20- 600ml Diet Drinks,
- \$3.20 600ml Flavoured Teas. \$3.60 Nutrient Water \$3.80 - 600ml Gatorade Sports

Ice Creams

- \$1.30 - Paddle Pops, Sour Snaps, Paddle Pop Icy Twists
- \$1.50 Jelly Cups, \$1.00 Frozen Juice cups, \$2.20 Frozen Yogurt cups
- \$2.20 - Paddle Pop Thick Shakes, \$2.50 Splice
- \$3.00 225ml , \$3.50 285ml Yogurt with Honey and Muesli,
- \$1.30 Mini Callippo Tube, \$2.90 Large Callippo Tubes
- \$3.50 - Gaytimes, Cornettos and Magnums

Chips, Misc and Other

- \$1.50- Natural Popcorn 30gm
- \$2.20- 50gm Red Rock Deli Range (Baked not Fried) 35gms \$1.50

Hot Food

- \$0.70 Steamed Dim Sims
- \$1.20 Oven Baked Hash Brown,
- \$1.00 Savoury Pin Wheels,
- \$1.50 Savoury mini Pizza,
- \$1.00 Party pies
- \$1.50 Homemade Mini Quiches or mini Sausage rolls
- \$1.50 Pastizzis (Spinach and Cheese)
- \$2.60 Cup Noodles,
- \$2.60 Mega Sausage Roll,
- \$2.50 LF Junior Burger –Beef Pattie, Tomato Sauce on a Sesame Bun
- \$2.00 Pizza slice small, Large \$3.50
- \$2.70 SR Hot Dog (with sauce \$2.90) (with Cheese and Sauce \$3.30)
- \$3.20 Wedges Plain, Oven Baked (with Sour cream and chilli sauce \$3.80)
- \$3.00 Cheese Burger—Beef Pattie, Cheese, Tomato Sauce on a Sesame Bun
- \$3.00 100% Beef Pie (with Sauce \$3.20)
- \$3.50 Bacon Cheese and Egg Muffin,
- \$3.20 Vegetable Pie (with sauce \$3.40)
- \$3.50 Cheese and Spinach Roll,
- \$3.20 Assorted Gourmet Pies (Chicken, Potato) with sauce (\$3.40)
- \$3.50 280ml or \$4.20 440ml Daily Specials (Lasagne, Tuna Bake etc)
- \$3.80 Nachos with Salsa & Sour Cream,
- \$4.80 Sate Chicken Roll
- \$4.50 Low Fat Beef Burger with Cheese, Lettuce Tomato, and Sauce
- \$4.50 Lean Chicken Burger with Lettuce and Mayo
- \$4.00 Light Vegetarian Burger with Cheese, Tomato and Lettuce
- \$4.50 1/2 Chicken Schnitzel Burger with Lettuce and Mayo
- \$3.00 Junior Chicken Schnitzel Burger with lettuce and Mayo
- \$2.00 Soup with Roll \$2.50 with Warm Parmesan Roll \$3.00 (winter only)
- \$2.00 Bruschetta, tomato and grilled onions on crusty baked bread
- \$1.50 Garlic bread
- \$2.50 1/2 Sweet Chilli Chicken Wrap \$4.80 Full wrap
- \$2.00 Half Tortilla Breakfast Wrap, Ham, Cheese and Egg
- \$3.50 Calamari and Wedges \$1.00 Calamari Rings
- \$3.50 Tempura Fish with Wedges

Lunch Orders can be placed at Canteen before 10am

Watch for additional Menu Items, Combo Specials and Theme Days in your Schools Bulletin

LF - Low Fat

Disclaimer- the above list may vary from day to day

