



CANTEEN MENU
Term 3 2017



**MEETS
APPROVAL
GUIDELINES**



HOT FOOD

Ham & Cheese Croissant	\$4.00
Villi's Lean and Mean Pie	\$4.50
Villi's Lean and Mean Sausage Roll	\$3.50
Chicken Nuggets	\$0.80c each
Pasta - Neapolitana, Cheese sauce	
Or Bolognaise - 200g	\$4.00 (GF)
Soup of the day (with crusty bread)	\$3.00 (GF)
Chicken Noodles in a Cup	\$3.00
Chicken Burger	\$4.50 (GF)
<i>(served with lettuce, tomato, cucumber and low fat mayonnaise)</i>	
Beefburger	\$4.50 (GF)
<i>(meat pattie made with fresh beef mince served with tomato, lettuce and tomato sauce)</i>	
Hog Dog (low fat) with or without sauce	\$4.00
½ Hot Dog (with or without sauce)	\$2.00
Add Cheese for .50 cents	
Pizza - Ham & Pineapple	\$3.70
Pizza - margherita (tomato & cheese)	\$3.50 (V)
Pizza - BBQ Chicken	\$3.70
Quiche,	\$5.00
Bacon, Tomato, cheese, fresh herbs with fresh chef salad	
Nachos	\$4.50 (GF, V)
Corn chips mild Mexican salsa and Cheese	



WEEKDAY SPECIALS

Monday, Lasagne with salad	\$5.00
Tuesday, Curry (GF, DF, V, VE)	\$5.00
<i>Chicken or vege with rice</i>	
Wednesday, Pirates Chest	\$4.50
<i>(Fish & chips with either sauce or mayo)</i>	
Thursday, Curry (GF, DF, V, VE)	\$5.00
<i>Beef or vege with rice</i>	
Friday Sushi	
Teriyaki, California, Tuna	\$2.80ea



SANDWICHES AND ROLLS (GF)

	TOASTED	S/W	ROLL
Buttered (V)	\$1.00		\$1.50
Cheese (V)	\$2.00		\$2.50
Chicken	\$3.50		\$4.00
Ham	\$3.00		\$3.50
Vegemite	\$1.50		\$2.00
Salad (no meat) (V)	\$3.00		\$3.50
Chicken or Ham Salad	\$4.00		\$4.50
Toasted Ham and Cheese	\$3.50		
Toasted Cheese	\$2.00		



Extra fillings add .50c each
Lettuce, cheese, tomato, pickled onion, carrot, cucumber, gherkin

SALADS OR WRAPS

Chef Salad (GF, V)	\$4.00	
- Cheese, lettuce, tomato, cucumber, carrot		
Caesar salad	\$5.00	
- Seared chicken, Lettuce, bacon, croutons, boiled egg, cheese, and low fat Caesar dressing		
- Minus croutons (GF)		
Greek Salad (GF)		
- Tomato, feta cheese, cucumber, lettuce, olives		\$4.50
- Add chicken		\$5.50
Chicken Salad (GF)	\$5.00	
- chef salad with chicken		

SNACKS

Pop Corn (low salt) (GF)	\$1.00
Red Rock Chips: Sea Salt (GF)	\$1.00
Red Rock Chips: Honey Soy	\$1.00
JJ Chicken Snacks	\$1.00
Ovalteenies	\$1.00
Fruit nuggets (GF)	\$0.50

Assorted baked goods Available in the canteen lunch 1 and lunch 2 - \$0.20 to \$2.00

DRINKS

Spring Water (600ml)	\$2.00
Juicee crush (250ml)	\$2.00
- Apple - orange - tropical	
- Apple blackcurrant	
Classic Milk (375ml) or Big M	\$3.00
Chocolate or strawberry	
Glee - Sparkling 99% Fruit Juice	\$2.00 (GF)
- Black Current Burst	
- Rock 'n' Raspberry	
- Tropical Treat	
- Bubble Gum Grape	
Assorted yoghurt smoothies	\$2.00 (GF)
Banana, Raspberry, Blueberry	



ICY TREATS

Crusha	\$2.00
Chocolate Shakes	\$2.00
Paddle Pop - (Rainbow, Choc, Banana)	\$1.50
Icy Twist	\$1.00
Calippo Minis	\$1.00
Iced Mony (choc, Strawberry) (GF, DF)	\$0.60

Squeeze on Tomato Sauce 20c each
Lunch Order Bags (15) \$1.00

GF (gluten free) V (vegetarian) DF (dairy free) VE (vegan)