

Healthy Choice Packs

Fresh Salad
(lettuce, tomato, cheese, gherkin, carrot, cucumber, beetroot, egg) 4.50

Childs Salad Box
(carrot, lettuce, tomato, cheese, cucumber, beetroot) 3.00

Direk Combo
(Small roll -vegemite/jam Jatz biscuits, cheese, cucumber, carrot, slice of fruit) 3.50

Mini box
1/2 egg, beetroot, cheese, lettuce plus choice of carrot or corn or pineapple 2.00

Wraps

Salad wrap
(choice of 3 fillings from the extras list) 3.00

Meat or cheese wrap
(choice of 2 fillings from the extras list) 3.60

Sauces - 30c ea

Tomato
Sweet & Sour
Sweet Chilli
Mayonnaise

Sandwiches & Rolls

wholegrain white/wholegrain brown
s/w s/c roll
Butter 1.00 1.20
Vegemite 1.20 1.40
Cheese 1.70 2.20
Egg 1.70 2.20
Chicken/Ham 2.50 3.00
Tuna/Beef 2.50 3.00
Salad (carrot, lettuce, tomato, cucumber) 2.50 3.00
Double Cut Rolls add extras listed below

Extras

50c each	80c each
Tomato	Ham
Lettuce	Chicken
Gherkin	Sliced cheese
Corn	Pineapple
Beetroot	
Cucumber	
Grated cheese	

Ice Creams/Frozen Drinks

Icy Bites 99% juice 0.60
Frozen Orange juice cup 1.00
Frozen yoghurt 1.80
Frozen flavoured milk (sml) 1.50

Students need to pick ice creams up from the canteen, we can then help with the selection

Hot Food

Sun & Surf - fish with tossed salad and coleslaw 4.00
Ham & pineapple Pizza 2.00
Cheese & bacon Pizza 2.00
Corn cob 0.70

Due to health regulations hot and cold food must be ordered in separate bags

Monday & Tuesday only

Yumbo & fruit salad combo 4.00
1/2 Yumbo & fruit salad combo 2.30
(Yumbo = hot ham & cheese roll)

Wednesday only

Chicken Burger with lettuce & mayo 3.60

Thursday & Friday only

Betta Bite & Nippys 250ml milk combo (with choc, strawberry or honeycomb milk and the choice of either) ... 3.80
Junior Sausage roll 3.00
Junior Snack Pie 3.00

Drinks

Plain Milk (lite) 600ml 1.75
Cup plain milk (lite) 1.00
Cup milk with flavoured straw 1.50
Nippys flavoured milk (250ml) (choc, strawberry, honeycomb) 1.30
Nippys 100% fruit box (long life) 1.20
Nippys pure fruit juice (250ml) 1.50
Moove Flavoured Milk (chocolate, strawberry) 2.00
Pop Tops - (apple, orange) 1.20
Bottle Water small 1.30
Bottle Water large 1.50

Snacks

Fresh fruit (in season) 0.80
Small fruit salad cup 1.00
Yoghurt 100g 0.60
Custard (low fat) 100g 0.50
Cheesesticks 0.80
Sultanas 0.80
Popcorn 0.50
Pkt jatz biscuits 0.40
1/2 Finger bun 0.80
Apple/Raspberry muffin 1.50
Chocolate muffin 1.50
Blueberry muffin 1.50
Fruit bun 2.00

Note: Food brought from home CANNOT be heated up in the canteen due to Health Regulations. Boiling water will not be given out.