



Canteen Menu

2023
TERM 2

TRAFFIC LIGHT FOOD SYSTEM

- * GREEN = Healthy Choice (allowed every day)
 - # AMBER = Limited Choice (no more than twice a week)
- Ordering Online is available. (Please order before 8.30am) – <http://www.quickcliq.com.au>
 GF – Gluten Free GFO – Gluten Free Option available

MONDAY

* Pasta Twirls	\$5.60
# Pizza	\$3.50
# Homemade Sausage Roll	\$3.50

Recess

# Muffin (homemade)	\$1.00
* Slinky apple	\$1.00
# Cheese Toastie	\$1.50

TUESDAY

* Chicken Nuggets with Salad	\$4.70
* Chicken Burger with Salad	\$5.60
* Macaroni Cheese (GFO)	\$5.60

ROLLS/SANDWICHES

	ROLL	S/WICH
* Salad (Lettuce, tomato, carrot and cucumber)	\$4.50	\$4.00
* Egg or Cheese & Salad	\$5.50	\$5.00
* Chicken & Salad	\$6.50	\$6.00
* Ham & Salad	\$5.50	\$5.00
* Vegemite	\$3.00	\$2.50
# Plain	\$2.50	\$2.00

WEDNESDAY

* Pasta Twirls	\$5.60
# Hot Dog	\$3.80

THURSDAY

* Macaroni Cheese (GFO)	\$5.60
* Hamburger with Salad and Sauce	\$5.60
# Pizza	\$3.50

SALAD PLATES

* Salad (Lettuce, tomato, carrot and cucumber)	\$3.50
* Ham, Egg, or Cheese Chicken	\$4.50 \$5.50

FRIDAY

* Hot Fish Roll with Salad and Mayo or Tomato Sauce	\$5.60
* Fish and Salad	\$4.70
* Fried Rice (GF)	\$5.60
# Weekly Special	\$5.00

Extras

Tomato sauce	\$0.50
Mayonnaise	\$0.50
Gluten Free Bread	\$1.00
Toasted	\$0.50

Ice-Creams/Drinks

Juice Box (Apple, Orange and Tropical)	\$1.60
Water	\$1.90
Icy pole	\$1.00
Vanilla Cup	\$1.60
Billabong (Chocolate and Rainbow)	\$1.70
Froyo	\$2.00
<i>Ice-creams can be bought at lunchtime</i>	

Weekly Specials

Available Fridays only. All specials \$5.00.	
Week 2 & 7	Mie Goreng
Week 3 & 8	Beef Lasagne
Week 4 & 9	Tuna Sushi, Chicken Teriyaki Sushi
Week 5 & 10	Chicken and potato curry
Week 6	Pumpkin Soup