

GOOD 4 U CANTEENS MENU

BREAKFAST ITEMS

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|-------------------------------|-------------|
| Breadsticks V | \$0.25 each |
| Hashbrown V | \$1.00 |
| Milo cereal cup V | \$1.00 |
| Nutrigrain cereal cup V | \$1.00 |
| Vanilla yoghurt cup GF | \$1.50 |
| Hot chocolate VGF | \$1.50 |
| Muffin vanilla or chocolate V | \$1.50 |
| Yoghurt with crunchy granola | \$2.00 |
| Pancakes (syrup optional) V | \$2.00 |



FRUIT

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|--------------------------------|--------|
| Apple or banana whole VGF | \$1.00 |
| Carrot sticks in a cup VGF | \$1.00 |
| Orange pieces in a cup VGF | \$1.50 |
| Watermelon pieces in a cup VGF | \$2.00 |
| Strawberries in a cup VGF | \$2.00 |
| Fruit salad cups VGF | \$2.00 |



The above fruit is seasonal and may not always be available.
All efforts are made to stock Australian only produce.

DRINKS

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|---|--------|
| Fruit juice cups: apple, orange, apple blackcurrant (over the counter only) VGF | \$1.00 |
| Chocolate milk in a cup (over the counter only) VGF | \$1.00 |
| Water 250ml | \$1.00 |
| Water 350ml | \$1.50 |
| Water 600ml | \$2.00 |
| Juice poppers 250ml: apple, orange, tropical, apple blackcurrant VGF | \$2.00 |
| Chocolate Up & Go V | \$2.50 |
| Oak flavoured milks: chocolate or strawberry VGF | \$3.00 |



SNACKS

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|----------------------------------|-------------|
| Breadsticks V | \$0.25 each |
| Jatz & cheese V | \$1.00 |
| Popcorn VGFH | \$1.00 |
| Mamee chicken noodle snacks H | \$1.00 |
| Vanilla yoghurt cups GF | \$1.50 |
| Grainwaves sour cream & chives H | \$1.50 |
| Messy Monkeys GFH | \$1.50 |
| Muffin vanilla or chocolate V | \$1.50 |
| Red rock deli chips sea salt V | \$2.00 |
| Yoghurt with crunchy granola | \$2.00 |

SANDWICHES/TOASTIES

No margarine is used unless requested. Wholemeal or white bread is available, gluten free bread \$1.00 extra.

| | Sandwich | Wrap | | Sandwich | Wrap |
|---|----------|--------|-------------------------------|----------|--------|
| Jam or Vegemite | \$1.50 | \$2.50 | Tuna | \$4.00 | \$5.00 |
| Cheese V | \$2.50 | \$3.50 | Chicken & mayonnaise | \$4.00 | \$5.00 |
| Vegemite & cheese V | \$2.50 | \$3.50 | Chicken & lettuce | \$4.00 | \$5.00 |
| Tomato & cheese V | \$3.00 | \$4.00 | Chicken, lettuce & mayonnaise | \$4.00 | \$5.00 |
| Ham | \$3.00 | \$4.00 | Ham & salad | \$4.50 | \$5.50 |
| Ham & cheese | \$3.50 | \$4.50 | Chicken & salad | \$5.00 | \$6.00 |
| Ham, cheese & tomato | \$4.00 | \$5.00 | Tuna & salad | \$5.00 | \$6.00 |
| Salad: lettuce, carrot, tomato & cucumber V | \$4.00 | \$5.00 | | | |



SALAD BOWLS;

| | Small | Large | | Small | Large |
|--|--------|--------|--|--------|--------|
| Garden: lettuce, tomato, cucumber & carrot | \$4.00 | \$5.50 | Ham salad: lettuce, tomato, cucumber, carrot & ham | \$5.50 | \$7.00 |
| Caesar: lettuce, ham, croutons, cheese & caesar dressing | \$4.50 | \$6.00 | Chicken salad: lettuce, tomato, cucumber, carrot & chicken | \$5.50 | \$7.00 |

HOT FOOD

Extra 30c for a sachet of tomato, bbq or sweet chilli sauce

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|---|--------|---|--------|
| Garlic bread homemade VH | \$2.00 | Meat pie H | \$4.50 |
| Hot noodle cups; chicken or beef VH | \$3.50 | Mac and cheese homemade V | \$4.50 |
| Wedges V | \$3.50 | Meatball torpedo roll with napoletana sauce & cheese | \$5.00 |
| Chicken nuggets (4) H | \$4.00 | Pita bread cheese pizza homemade V (Mon & Tues only) | \$5.00 |
| Hot dog (add cheese 50c) includes sauce (Halal available) | \$4.00 | Meatball pasta topped with cheese | \$5.00 |
| Sausage roll homemade H | \$4.00 | Lasagne H | \$5.50 |
| Fried rice homemade | \$4.50 | Cheeseburger; beef pattie & cheese (M-Thurs) | \$5.50 |
| Penne napoletana homemade V | \$4.50 | Beef burger; beef pattie, lettuce, cheese, tomato (M-Thurs) | \$5.50 |
| Gluten free nuggets (4) | \$4.50 | Chicken burger; lettuce, chicken breast & mayo (M-Thurs) | \$5.50 |
| | | Gluten free lasagne | \$6.00 |

FROZEN FREEZIES

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|--|------------|---|------------|
| Frozen juice cups; apple blackcurrant, orange & mango, tropical VGF | 50c/\$1.00 | Frozen chocolate or strawberry milk cups VGF | 50c/\$1.00 |
| Quelch fruity ice sticks: apple, apple blackcurrant, raspberry or strawberry VGF | 50c/\$1.00 | Snap sticks | \$1.00 |
| | | Paddle Pop V | \$2.00 |
| | | Bulla vanilla ice cream cup | \$2.00 |
| | | Twisted Frozen yoghurt cup (chocolate & vanilla bean) | \$2.50 |

Online ordering is available at www.quickcliq.com.au & orders must be placed by 9am. Alternatively lunch order bags are provided at the canteen to place your order prior to school commencing. As a lot of items are homemade sometimes the demand can exceed the availability, all efforts are made to accommodate an alternative choice if the first choice is not available. Good 4 U Canteens is cash only over the counter, no credit available. Children without lunch will be provided a sandwich & a note will be sent home for payment.

MENU current as of Term 2 2022

Everyday GF - Gluten Free Occasional V - Vegetarian H - Halal