

V	Vegetarian
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	Occasional
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#### Breakfast Breadsticks \$0.25 each Hashbrown (1) \$1.00 \$1.00 Milo cereal cup \$1.00 Nutrigrain cereal cup Vanilla yoghurt cup \$1.50 G V \$1.50 Hot chocolate Muffin, vanilla or chocolate () \$1.50 Yoghurt with crunchy granola \$2.00 Pancakes (syrup optional) ¥2.50

#### Fruit

Apple or banana, whole	@ v \$1.00		
Carrot sticks in a cup			
Orange pieces in a cup	<b>@ v</b> \$1.50		
Watermelon pieces in a cup			
Strawberries in a cup	@ V\$2.00		
Grapes in a cup	@ ♥\$2.00		
Fruit salad cups	@ V\$2.50		
The above fruit is seasonal and may			

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

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	-03	Drinks	
	N	Fruit juice cups: apple, orange, apple	
	=	blackcurrant (over the counter only)	@ v \$1.00
-	Cho	colate milk in a cup (over the counter only)	<b>® \$1.00</b>
	Wat	er 250ml	<b>31.00</b>
	Water 350ml Water 600ml		\$1.50 \$2.00
	Juice poppers 250ml: apple, orange, tropical,		
	арр	le blackcurrant	@ V \$2.00
	Cho	colate Up & Go flavoured milks: chocolate or strawberry	\$2.50

# Sandwiches & Toasties

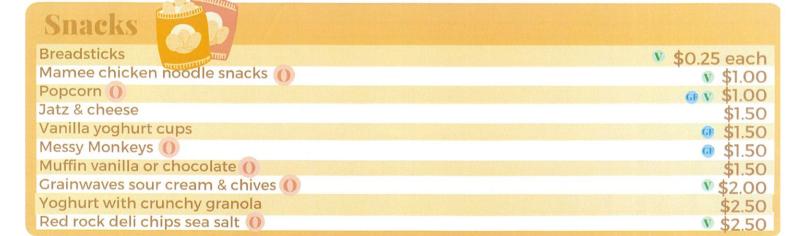
	Sandwich	Wrap
Jam or Vegemite	\$1.50	\$2.50
Cheese		\$3.50
Vegemite & cheese	v \$2.50	\$3.50
Tomato & cheese	<b>\$3.00</b>	\$4.00
Ham	\$3.00	\$4.00
Ham & cheese	\$3.50	\$4.50
Ham, cheese & tomato	\$4.00	\$5.00
Salad: lettuce, carrot, tomato	\$4.00	\$5.00
& cucumber		

	Sandwich	Wrap
Tuna	\$4.00	\$5.00
Chicken & mayo	\$4.00	\$5.00
Chicken & lettuce	\$4.00	\$5.00
Chicken, lettuce & mayo	\$4.00	\$5.00
Ham & salad	\$4.50	\$5.50
Chicken & salad	\$5.00	\$6.00
Tuna & salad	\$5.00	\$6.00

Add beetroot, avocado or cheese 50c extra each item

No margarine is used unless requested. Wholemeal or white bread is available.

Bread roll or Gluten free sliced bread \$1.00 extra



mm	Salad bowls	
	Small Large	
Garden: lettuce, tomato, cucumber & carrot		
Caesar: lettuce, ham, croutons, cheese & caesar dressing	\$4.50 \$6.50	
Ham salad: lettuce, tomato, cucumber, carrot & ham	<pre>\$5.50 \$7.50</pre>	
Chicken salad: lettuce, tomato, cucumber, carrot & chicken	\$5.50 \$7.50	

### **Hot Food**

Garlic bread homemade	<b>11 v</b> \$2.00	Meatball torpedo roll with napoletana
Hot noodle cup; chicken or beef ()	II V \$3.50	sauce & cheese # \$5.00
Wedges ()	<b>\$3.50</b>	
Chicken nuggets ()	H\$4.00	Available Monday-Tuesday # \$5.00
Hot dog (add cheese 50c) ()	\$4.00	Meatball pasta topped with cheese 11 \$5.50
includes sauce, halal available		Cheeseburger; beef pattie & cheese
Sausage roll homemade ()	\$4.00	Available Monday-Thursday   \$5.50
Fried rice homemade	\$4.50	Beef burger; beef pattie, lettuce, cheese
Penne napoletana homemade	<b>Ⅲ ♥</b> \$4.50	& tomato <b>II</b> \$5.50
Gluten free nuggets (4)	H \$4.50	Available Monday-Thursday
Meat pie () halal available	\$4.50	Chicken burger: chicken breast, mayo & \$5.50
Mac and cheese homemade	H v \$4.50	lettuce Available Monday-Thursday II \$5.50
Gluten free lasagne	<b>@</b> \$6.00	Lasagne II \$5.50

Tomato, bbq or sweet chilli sauce is an extra 40c. A spoon or fork is included if required, for students that require cutlery without a lunch order, 20c is charged

# **Frozen Freezies**

Quelch fruity ice sticks: apple, apple		
blackcurrant, raspberry or strawberry	GF V	50c/\$1.00
Frozen juice cups: apple blackcurrant,		
apple & mango, tropical	GF V	75c/\$1.50
Frozen chocolate or strawberry milk cups	GP V	75c/\$1.50
Paddle Pop ()		\$2.00
Bulla vanilla ice cream cup 🕕	HV	\$2.00
Twisted frozen yoghurt cup (chocolate and		
vanilla bean) 🕕	GF V	\$2.50

THE BIRTHDAY CLASS PARTY
BUCKETS are available to order
online or over the counter. A set
price for the class with each
student receiving an ice block,
and the birthday child receives a
birthday balloon, badge and a \$2
canteen voucher. The birthday
lunch box is another option for
your child, boxes are available to
purchase online or over the
counter.

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 demand can exceed 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.

