

V Vegetarian

H Halal

GF Gluten Free

O Occasional

Breakfast

Breadsticks	V	\$0.25 each
Hashbrown O	V	\$1.00
Milo cereal cup	V	\$1.00
Nutrigrain cereal cup	V	\$1.00
Vanilla yoghurt cup	GF	\$1.50
Hot chocolate	GF V	\$1.50
Muffin, vanilla or chocolate O	V	\$1.50
Yoghurt with crunchy granola		\$2.00
Pancakes (syrup optional)	V	\$2.50



Fruit



Apple or banana, whole	GF V	\$1.00
Carrot sticks in a cup	GF V	\$1.00
Orange pieces in a cup	GF V	\$1.50
Watermelon pieces in a cup	GF V	\$2.00
Strawberries in a cup	GF V	\$2.00
Grapes in a cup	GF V	\$2.00
Fruit salad cups	GF V	\$2.50

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



Drinks

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

Sandwiches & Toasties

	Sandwich	Wrap		Sandwich	Wrap
Jam or Vegemite	\$1.50	\$2.50	Tuna	\$4.00	\$5.00
Cheese	V \$2.50	\$3.50	Chicken & mayo	\$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 & mayo	\$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			

Add beetroot, avocado or cheese 50c extra each item

No margarine is used unless requested. Bread roll or Gluten free sliced Wholemeal or white bread is available. bread \$1.00 extra



Snacks



Breadsticks	V	\$0.25 each
Mamee chicken noodle snacks O	V	\$1.00
Popcorn O	GF V	\$1.00
Jatz & cheese		\$1.50
Vanilla yoghurt cups	GF	\$1.50
Messy Monkeys O	GF	\$1.50
Muffin vanilla or chocolate O		\$1.50
Grainwaves sour cream & chives O	V	\$2.00
Yoghurt with crunchy granola		\$2.50
Red rock deli chips sea salt O	V	\$2.50



Salad bowls

	Small	Large
Garden: lettuce, tomato, cucumber & carrot	GF H V \$4.50	\$6.50
Caesar: lettuce, ham, croutons, cheese & caesar dressing		\$4.50 \$6.50
Ham salad: lettuce, tomato, cucumber, carrot & ham	GF	\$5.50 \$7.50
Chicken salad: lettuce, tomato, cucumber, carrot & chicken	GF H	\$5.50 \$7.50

Hot Food



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

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	GF V	75c/\$1.50
Paddle Pop		\$2.00
Bulla vanilla ice cream cup	H V	\$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.

