

JUNIOR SCHOOL CANTEEN MENU

Recess

1st Recess - Crunch 'n Sip

Crunch

Fresh Fruit Salad	\$3.00
Whole Fruit in season	\$1.00

Sip

Large Water	\$1.50
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2nd Recess (place orders at the start of the day)

Crunch

Yummy Yoghurt - <i>Strawberry, Vanilla (Original/Low Fat)</i>	\$1.30
Pikelets	\$0.50
Cheesies (to be ordered)	\$1.60
Healthy Muffins (to be ordered)	\$1.50

Sip

Large Water	\$1.50
Classic 100% Juices - <i>Orange, Apple, Apple & Blackcurrant</i>	\$1.70
Milk (300ml) - <i>Plain, Strawberry, Chocolate, Banana, Spearmint</i>	\$1.40

Lunch

Rolls & Sandwiches (Wholemeal)

Beef, Chicken, Ham, Tuna, Cheese or Egg	\$3.00
Salad or avocado	50c extra
Mayo, pickles & chutney	20c extra
Toasted sandwiches	\$3.50
Salad only	\$2.50
Vegemite	\$1.50

Hot Foods

Beef Curry	\$3.70
Chicken Curry	\$3.70
Lasagna	\$3.70
Chicken Teriyaki	\$3.70
Chicken and Fried Rice	\$3.70
Ravioli (beef, spinach & ricotta)	\$3.70
Chicken Drumsticks	\$2.50

Yummy Pizza (1/2 w/meal roll with ham, cheese, pineapple)	\$2.70
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Snacks

Yoghurt - <i>Strawberry, Vanilla (Original/Low Fat)</i>	\$1.30
Pikelets	\$0.50

Pita Bread

Beef, Chicken, Ham, Tuna, Cheese or Egg	\$3.50
Salad or avocado	50c extra
Mayo, pickles & chutney	20c extra
Salad only	\$3.00

Platters

Salad only	\$3.00
Beef, Chicken, Ham and salad	\$4.20

Fruit

Pieces of Fruit	\$1.00
Fresh Fruit Salad (small)	\$3.00

Drinks

Milk (300ml) - <i>Plain, Strawberry, Chocolate, Banana, Spearmint</i>	\$1.40
Classic 100% Juices - <i>Orange, Apple, Apple & Blackcurrant</i>	\$1.70
Large Water	\$1.50
Quelch Icy Poles	50c

Wednesday Special

Super Sushi (4 pieces - chicken or tuna)	\$4.00
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Friday Special

Burritos (chicken, tomato, salsa & low fat cheese), (beef, tomato, salsa & low fat cheese), (vegetarian red bean, tomato, salsa & low fat cheese)	\$3.00
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