



Junior/ Middle School Cafe Menu Autumn Term 2013

Morning Menu

Junior School 10.45am (Pre Order Only)

Middle School 10.00am

Smartfood... cool choices

Seasonal whole fresh fruit	\$0.80
Jelly and fruit cup (G)	\$1.00
Chocolate Yogo 200ml (G)	\$1.80
Bircher muesli with yogurt and fresh apple (G)	\$1.70

Smartfood... bakery

Anzac Cookie (medium)	\$1.00
Choc chip Cookie (large)	\$1.80
Smiley face shortbread (large)	\$1.80
Homemade smart muffin	\$1.60

Smartfood... hot

Scrumptious ham and cheese pizza slice	\$1.60
Baked bean & cheese melt (English muffin)	\$1.60
Macaroni cheese	\$1.60

Smartfood... thirst quenchers

Water 600ml	\$2.00
100% fruit juice 250ml	
Orange, Apple and Blackcurrant, Pineapple	\$2.40
Apple popper	\$1.50
Fresh Milk 300ml	
Plain, Chocolate, Choc Mint, Banana, Strawberry or Caramel	\$1.80

Smartfood... icy treats

Frozen quelch tube	\$1.00
Moosies - strawberry or chocolate (G)	\$1.60

Smartfood... organic snack –'whole kids'

Apple & pear Juice 250ml	\$2.80
Frooshie fruit smoothie -banana & apple 90g	\$3.00
Frooshie fruit smoothie-strawberry 90g	\$3.00
Sultanas 25g (G)	\$1.35
Sultanas & apricots 25g (G)	\$1.35
Honey popcorn 35g (G)	\$2.40
Cheese corn chips 35g (G)	\$2.40
Oven baked fruit bar – apple and blackcurrant, apricot and honey, apple and sultana 40g	\$2.00

Important Note: All items served in the canteen may contain traces of nuts.

Lunch Menu

Junior School 1.20pm (Pre Order Only)

Middle School 12.35pm

Smartfood... sandwiches (Pre Order Only)

Sandwiches and Knot Rolls (Whole meal)

Ham	\$2.50
Chicken or Tuna	\$3.50
Salad only	\$1.50
Jam or Vegemite	\$1.20
<u>Add</u> – Salad \$1.00 Cheese Slice \$0.30 Mayo \$0.20	

Wraps

Ham or Chicken with mayo & salad	\$4.00
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Toasted Sandwiches

Ham or Cheese Only	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese & Tomato	\$3.50
Sauce – Tomato or BBQ	\$0.30

Smartfood... daily specials (Pre Order Only)

Monday

Sushi – Chicken or Tuna (4 pc) (G)	\$5.50
Spaghetti Bolognaise	\$4.00
Granny's Choice Sausage Roll	\$3.50

Tuesday

Teriyaki Chicken and Rice	\$5.50
Hot Dog – Frankfurt with choice of Tomato or BBQ.	\$4.00
Granny's Choice Meat Pie	\$3.50

Wednesday

Sushi – Chicken or Tuna (4 pc) (G)	\$5.50
Creamy Pasta Bake with Tuna, corn and peas	\$4.00
Nacho Box with Mild Salsa Sauce, melted cheese (G)	\$3.50

Thursday

Crispy Chicken Sub (Whole meal roll, salad, mayo)	\$5.00
Baked Potato with Baked beans & melted cheese	\$4.00
Granny's Chicken & Vegetable Pie	\$4.00

Friday

Beef Curry and Rice	\$5.50
Fried Rice with Chicken and Vegetables	\$4.00
Granny's Choice Shepherd's Pie	\$3.50

G = Gluten Free