

Fresh Food Menu 2018

Sandwiches (Wholemeal or White Bread)

Cheese and Tomato	2.90
Egg and Lettuce Salad	3.50
Cheese and Salad	3.80
Ham, Cheese and Tomato	4.50
Ham or Chicken Salad	4.00
Chicken, Lettuce and Mayo	5.00
Chicken, Avocado and Cheese	4.00
Tuna, Lettuce and Mayo	4.50
Tuna or Salmon Salad	4.00
Avocado and salad	5.00
Bread Roll	50c

Wraps

Salad	4.80
Chicken, Lettuce and Mayo	
Ham, Cheese and Tomato	
Ham or Chicken Salad	
Chicken Caesar Salad	

Salads

Garden Salad (chicken or ham optional)	5.00
Mixed lettuce, tomato, cucumber, carrot, beetroot, capsicum and french dressing	
Chicken and Avocado Salad	
Mixed lettuce, chicken, avocado, tomato, cucumber, capsicum, carrot, beetroot and french dressing	
Chicken Caesar	
Mixed lettuce, chicken, bacon, egg, croutons, parmesan cheese and Caesar dressing	
Greek Salad	
Mixed lettuce, tomato, cucumber, Spanish onion, capsicum, sliced black olives and feta cheese	

Sushi Varieties

Chicken Teriyaki	From 3.50
Tuna and cucumber	
Chicken Schnitzel	
Avocado	
Salmon and avocado	

Toasted Sandwiches

Ham, cheese and tomato	4.80
Chicken and cheese	
Chicken, avocado and cheese	
Chicken, cheese and pineapple	
Ham, cheese and pineapple	
Avocado, tomato, Spanish onion and cheese	

Toasted Tortilla and Focaccias

Ham, cheese and pineapple	5.50
Chicken, avocado and cheese	
Chicken, tomato, Spanish onion, capsicum and cheese	
Ham, sundried tomato, Spanish onion, sliced black olives and feta cheese	
Avocado, sundried tomato, capsicum, Spanish onion and cheese	

Sides

Watermelon wedge term 1&4	1.00
Fresh Fruit Salad	4.00
Pasta Salad	3.80
Gourmet Berry Yogurt	2.20
Banana Bread	3.50
Muffin	3.50

Drinks

Water	2.50
Focus Water	2.20
Nippy's Juice popper	2.00
Nippy's Juice 350ml	2.80
Plain Milk 300ml	1.80
Up and Go	2.50
Oak Flavoured Milk 300ml	2.50
Oak Flavoured Milk 600ml	3.50
Sugar free cans	2.00
Zero cans	2.50
Waterfords mineral water 500ml	3.00
Vitamin Water	4.00
Powerade Zero	4.00

Hot Food Menu 2018

Burgers

Flame grilled chicken burger	4.50
Crumb chicken burger	4.50
Sweet chilli chicken Sub	4.50
Beef hamburger	4.50
Cheese burger	4.50
Chicken Schnitzel burger with cheese	5.00
Chicken Caesar Burger	6.00
Egg and bacon roll	4.00
Hot Dog (low fat)	3.00
Hot Dog with Cheese	3.50

Rice Bowl

Teriyaki Chicken and Rice	4.00
Butter chicken and Rice	
Fried Rice	

Chicken noodle cup	3.00
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Snack Bites

Nachos	3.50
Seasoned potato wedges	3.00
Mini Spring Rolls...(5)	3.50
Chicken Nuggets...(5)	3.50
Chicken Crackles...(5)	3.50
Chicken Goujons...(5)	3.50
Yummy Drummy	1.50
Garlic Bread	1.20

Pies and Sausage rolls

Party Pie or Party Sausage Roll	1.50
Beef Traveller Pie	3.20
Pizza Pie	3.50
Potato Pie	4.00
Sausage Roll	3.00
Cheese and spinach Roll	3.20

A selection of Snacks, Streets & Peters ice-creams, ice-blocks and Frozen Yogurt are also available....All approved by the NSW Healthy School Canteen Strategy.

Warm Chicken Wraps

Grilled Chicken, cheese, lettuce, tomato and mayo	5.50
Grilled Chicken, cheese, sundried tomato and onion	
Chicken Schnitzel, cheese, avocado, onion and caesar dressing	
Sweet chilli Chicken, sour cream, tomato and sweet chilli sauce	
Crumb Chicken, lettuce, tomato and mayo	

Pasta

Lasagne	4.00
Spaghetti Bolognaise	
Ravioli	
Macaroni and Cheese	

Pizza

Margherita	3.80
Ham and Pineapple	
BBQ Chicken	
Ham and Cheese	

Sauces

Tomato	30c
Sweet Chilli and sour cream	60c
Extra salad dressing	40c

Hot Beverages Term 2 & 3 only

Tea	2.00
Hot Chocolate	2.00
Extra fork or spoon	10c