



The canteen will be open each morning at 8:30am

BREAKFAST MENU

Coffee for staff and parents only	small \$3.00 /large \$3.50	
Raisin toast	(GREEN)	\$ 1.20
Honey, jam or vegemite toast	(GREEN)	\$ 1.00
Cheese jaffle triangle	(AMBER)	\$ 0.80
Banana or mango and coconut bread	(AMBER)	\$ 3.00 half slice \$ 1.50
Variety of homemade muffins	(AMBER)	\$ 1.00
Pikelets with jam, maple syrup or honey	(GREEN)	\$ 0.50
Fruit salad	(GREEN)	\$ 2.70
'Cafe' style hot chocolate	(GREEN)	\$ 2.50
Milkshakes	(AMBER) (no milkshakes on Friday)	\$ 2.50
Smoothies	(GREEN) (no smoothies on Friday)	\$ 2.70
Cereal with Milk	(GREEN)	\$ 2.70

RECESS MENU (Varied everyday)

(GREEN)		
Seasonal fresh fruit		\$ 0.80 - \$ 1.00
Fresh fruit salad		\$ 2.70
Fruit Kebab		\$ 1.00
Apple Slinky		\$ 0.80
Carrot sticks		\$ 0.20
Health pack (carrot, celery, cucumber, cheese and crackers)		\$ 2.70
Cucumber, celery and carrot cups with Hummus		\$ 1.50
Yoghurt cups		\$ 1.00
Yoghurt cups with berries		\$ 1.50
Custard cups		\$ 1.00
Cheese jaffle triangle		\$ 0.80
Pizza Bread		\$ 1.00
Popcorn and raisin cups		\$ 1.00
Popcorn BBQ/ Plain/Chicken		\$ 1.40
(AMBER)		
Homemade savoury muffins		\$ 1.00
Oven baked hash browns		\$ 1.00
Garlic Bread		\$ 0.70
Bite size Spinach and ricotta triangles		\$ 0.50
Gluten free chips (Gluten free)		\$ 1.50
Jelly cups		\$ 0.80

LUNCH MENU

SANDWICHES (GREEN)	
<i>Option of white, wholemeal, multigrain, Helga's low carb and gluten free bread available</i>	
Vegemite or honey	\$ 1.80
Vegemite and light tasty cheese	\$ 2.40
Light tasty cheese	\$ 2.20
Chicken, lettuce and mayo	\$ 3.80
Chicken and salad	\$ 4.50
Egg and lettuce	\$ 3.50
Salad	\$ 3.50
Tuna and mayo	\$ 3.20
Tuna and salad	\$ 4.00
Light tasty cheese and tomato	\$ 3.20
Ham	\$ 3.00
Ham and salad	\$ 4.00
Light tasty cheese and salad	\$ 4.00
Ham and light tasty cheese	\$ 3.60
Ham, Light tasty Cheese and Tomato	\$ 4.00
<i>(extra filling \$0.50, toasted \$ 0.50, roll \$ 1.00, Turkish bread \$1.00)</i>	
WRAPS (GREEN)	
Chicken schnitzel, avocado, lettuce and mayo	\$ 5.00
Char grilled chicken breast, lettuce, tomato, cucumber	\$ 5.00
Ham, cheese and pineapple	\$ 5.00
Tuna, lettuce, tomato and mayo	\$ 5.00
Chicken kebab in a roll with lettuce	\$ 4.00
FRESH SALADS in a bowl (GREEN)	
Fruit salad and yoghurt	\$ 3.50
Salad and dressing	\$ 3.60
Grilled chicken and salad	\$ 4.80
Caesar Salad (lettuce, bacon, parmesan and croutons)	\$ 4.80
	with chicken
Tuna salad	\$ 5.80
Greek Salad (cucumber, tomatoes, olives and feta cheese)	\$ 4.80
<i>(extra fillings in sandwiches, wraps, salads\$ 0.50)</i>	
All Small salads	\$3.80

HOT FOOD**(GREEN)**

Twista Bolognaise (available also with gluten free pasta)	\$ 3.60
Homemade lasagne	\$ 3.60
Steamed rice with vegetables	\$ 3.60
Chicken Kebab on roll	\$ 3.60
Chicken Kebab stick	\$ 2.60

(AMBER)

Arancini	\$ 3.80
Ricotta and Spinach Rolls	\$ 2.90
Light meat pie	\$ 3.40
Potato Pie	\$ 3.80
Aussie light sausage roll	\$ 2.90
Halal meat pie	\$ 4.00
Halal sausage roll	\$ 3.00
Chicken nuggets (4x)	\$ 2.40
Fish fingers (4x)	\$ 2.40

ALL PIES AND SAUSAGE ROLLS ARE CANTEEN ASSOCIATION APPROVED

*(sauce tomato 0.20 cents, bbq 0.30 cents)***Burgers**

Chicken Burger (chargrilled chicken breast, lettuce, mayo)	\$ 4.00
Portuguese chicken burger (chicken burger + Portuguese and sweet chilli sauce)	\$ 4.00
THAI chicken burger (curry chicken mince patty, onion, sweet chili, mayo, lettuce)	\$ 4.50
Beef Burger (100% beef, lettuce, tomato and sauce)	\$ 4.00
Vegetarian burger (lentil or chickpea patty, lettuce, tomato and mayo)	\$ 4.00

DRINKS**(GREEN)**

Plain Milk bottle 140ml	\$1.20
Flavoured milk 300ml	\$2.00
Pauls Milky Max Flavoured milk	\$2.20
Flavoured Soy milk	\$2.50
Up and Go	\$2.50
Nudie juices	\$2.00
Juice cups	\$1.00

(AMBER)

Juice poppers 250ml	\$ 2.00
Milkshakes	\$ 2.50

**WE CATER FOR SPECIAL DIETARY REQUIREMENTS UPON REQUEST:
GLUTEN AND DAIRY FREE PRODUCTS AND ALSO HAVE A SELECTION
OF HALAL CERTIFIED PRODUCTS**

LUNCH BAGS 10 CENTS - REUSABLE LUNCH BAG WALLETS \$12.00

ICECREAMS**(GREEN)**

Frozen orange wedges	\$ 0.20
Frozen pineapple rings	\$ 0.50
Frozen watermelon on a stick	\$ 0.60
Frozen grapes and pineapple pieces	\$ 0.10
Juicies	\$ 1.00
Frozen yoghurt on a stick	\$ 1.00
Juice cups	\$ 1.00
Quelch sticks	\$ 0.60

(AMBER)

Paddle pop	\$ 1.50
Icy Pole	\$ 1.20
Calippo	\$ 1.20
Moosies (frozen flavoured milk)	\$ 1.40

YUMMY BEARS DAILY SPECIALS**WEDNESDAY**

Butter chicken with rice with Orchy cup juice	\$ 4.50
Homemade meatballs with Napolitano sauce and slice of bread	\$ 3.70

THURSDAY

Teriyaki chicken with vegetables and rice	\$ 4.50
Bacon and Egg Burger , Orchy cup juice and custard cup	\$ 5.00

FRIDAY pre-ordered by Thursday at 9am

Sushi Teriyaki Chicken, Tuna , vegetarian	\$ 3.20
Sushi salmon (pre ordered only)	\$ 3.40
Sushi box Teriyaki Chicken, Tuna	\$ 4.20

*Daily specials may change according to season, weather or school events.***Our menu is based on the "Smart Choices Strategy" :****Green = have plenty Amber = select carefully Red = occasionally**