


# St Augustine's School

## CANTEEN MENU 2018

EFFECTIVE MONDAY 26 FEBRUARY, 2018

Use our colour coded nutrition guide to make healthy choices:

 most nutritional value

 limited nutritional value

### Sandwiches (White, Wholemeal or Multi-grain)

 Chicken & Salad	5.00
 Leg Ham & Salad	5.00
 Salad	4.00
 Leg Ham	3.80
 Chicken (Fresh)	3.80
 Tuna	3.60
 Egg & Lettuce	3.20
 Egg	2.80
 Cheese	2.40
 Peanut Butter	1.60
 Vegemite	1.60
 Honey	1.60
Extra filling (each)	.30
Extra filling – Avocado, Egg	.50
Mayonnaise, tomato sauce, pickles	.10

ROLLS are 40c EXTRA

BUTTERED ROLL 1.10

### Toasties

 Cheese	2.70
 Cheese & tomato	3.00
 Ham, cheese & tomato	4.70


### Wraps

 Plain Salad (1/2 wrap \$2.50)	4.00
 Chicken or Ham with Salad (1/2 wrap \$3.00)	5.00



### Container of Salad

 Salad only	4.00
 with Chicken OR Ham	5.00

### Hot Food

 Pies	3.60
 Sausage Roll	2.50
 Sauce portion	.20
 Lasagne	4.00




### Chicken Breast Royale (only)

 On a roll	3.20
 On a roll with mayo	3.30
 On a roll with lettuce	3.60
 On a roll with lettuce & mayo	3.70
 On a roll with full salad	5.50

### Snacks

 Popcorn (no cholesterol or gluten)	.60
 Choc Chip Cookie (low fat)	.70

### Milk

 Chocolate or Strawberry - large	2.60
 Chocolate or Strawberry - small	2.20
 Plain milk – 150ml bottle	1.00

### Bottled Water

1.60




### Sun Pac Cups (Liquid or Frozen)

 Apple or Orange	.90
---	-----

### Poppa's Pure Juice (250ml)






 Apple or Orange or Tropical	1.60
---	------

### Fresh Fruit

 Seasonal fruit including orange, apple, grapes, banana, strawberries, watermelon	.80
 Fruit Salad Tubs	3.00
 Fruit Kebab	1.50









### Sushi Wednesday

( Only available as a pre-order Tuesdays )

Large single rolls	4.00
 Chicken Teriyaki & Avocado roll	
 Tuna & cucumber roll	
Container of 6 small sushi pieces	4.00
 Avocado	
 Cucumber	
 Chicken Teriyaki	

### Frozen Items

( Only available directly from the canteen )

 Frozen Fruity Bites	.20
 Fruity Yoghurt Pop	.60
 Quelch 99% fruit juice sticks	.60
 Calippo	1.00
 Low-fat ice cream cups	1.00
 Icy Poles	1.40
 Moosies – Chocolate or Strawberry	1.20
 Frozen Yoghurt Mango or Strawberry	2.40

Lunchtime: 10:55am until 11:40am Afternoon Recess: 1:40pm until 2:00pm

#### LUNCH ORDERS

Please write all lunch orders on a lunch paper bag, not an envelope

#### FROZEN ITEMS

Please don't order frozen items with lunch orders. These can be bought after the 2nd bell

#### HOT FOOD

is not to be ordered for recess

#### YEARS K-2

who order afternoon recess will have it delivered to their classroom by 1:40pm

#### SPECIALS

Watch for our canteen specials on Facebook