



P&C Association CANTEEN MENU 2020 QKR & TEACHER'S PRICE ONLY

COLD FOOD

SANDWICHES FRESH (Wholemeal bread)

TOASTED	ADD	\$0.20
GLUTEN FREE	ADD	\$0.50

Jam with nuttelex (vegan butter)	\$2.00
Vegetemite with nuttelex (vegan butter)	\$2.00
Cheese	\$2.50
Tomato	\$2.00
Ham	\$3.00
Ham and Cheese	\$3.50
Ham, Cheese and tomato	\$4.00
Salad (Lettuce, tomato, carrot & cucumber)	\$3.50
Chicken with lettuce	\$3.50
Egg or Curried Egg with lettuce & light mayo*	\$3.00
Tuna with cucumber or lettuce*	\$3.50

WRAPS

#1 Sweet Chilli chicken with lettuce, carrot, cucumber & light mayo*	\$4.00
#2 Honey Soy chicken with lettuce, cucumber & light mayo*	\$4.00
#3 Chicken caesar with lettuce, crouton & caesar dressing without bacon*	\$4.00
#4 Salad with lettuce, carrot, tomato and cucumber	\$3.50

SALAD BOX

Mini Salad Box	\$3.00
(add one protein - ham or chicken or egg*)	\$4.00
Large Salad Box	\$4.00
(add one protein - ham or chicken or egg*)	\$5.00
Greek salad (small)	\$4.50
Greek salad (large)	\$5.50

DRINKS

Spring water 600ml	\$2.00
Just Juice Orange or Apple Juice 200ml	\$1.60
Up&Go Chocolate 250ml**	\$2.50
Plain Milk 300ml**	\$2.00
Flavoured lite Milk 300ml (Chocolate, Strawberry, Banana**)	\$2.50
Chill J (various flavours)	\$2.50

*contains egg **contains dairy

For any allergies, nutritional information, please check with canteen staff

Note: Menus can change at any time.

EVERYDAY HOT FOOD

Cob of corn (2 pieces)	\$2.00
Warm chicken roll w/ mayo and/or sweet chilli sauce*	\$3.50
Twista Bolognese	\$4.20
Vegetable Lasagne	\$4.50
Spaghetti & Meatballs	\$4.20
Macaroni Cheese	\$4.20
Beef Stir Fry Noodles	\$4.20
Gluten Free Beef Lasagne	\$4.50
Gluten Free Macaroni & Cheese	\$4.50
Honey soy chicken and rice	\$4.20
Chicken Burger w/ lettuce & mayo*	\$4.20
add cheese	\$0.50

MELTS

Cheese & tomato	\$4.00
Ham & cheese	\$4.00
Ham, cheese & tomato	\$4.50
Chicken & cheese	\$4.50

LUNCH SPECIALS

Order by 8.30am by Friday the week before

Monday - Sushi	\$3.80
Tasty Tuesday - Lite Beef Burger w/ lettuce, tomato & sauce	\$4.50
Tasty Wednesday - Canteen-made	\$4.80
Thursday - Sushi	\$3.80
Thursday - Rice paper roll	\$5.00

Order by 8.30am Thursday (the day prior)

Tasty Friday - Fried rice with chicken and vegetables (no egg)	\$4.50
Tasty Friday - Gourmet Sausage Roll	\$4.50

Sushi Options

Teriyaki Chicken and cucumber	
Cooked tuna and cucumber*	
California (crab stick, avocado, cucumber and carrot)*	
Salmon and Avocado	
Vegetarian	
Mini Fruit Salad	\$1.50
Tomato Sauce	\$0.30
Sweet Chilli Sauce	\$0.40
Spoon or Fork	\$0.10

Order via QKR app by 8.30am

Lunch Specials & Sushi Orders,

please order by 8.30am Friday the week before.

Tasty Fridays can be ordered by 8.30am, the day prior (Thursday).

