

CPPS CANTEEN WINTER MENU



LUNCH ORDERS must be ordered VIA FLEXISCHOOLS

SNACKS – RECESS & LUNCH

E - Fresh Seasonal Fruit Pieces	\$1.00
E - Frozen Fruit	\$0.50
E - Bread Sticks	\$0.50
E - Plain or Buttered Bread Roll	\$1.50
E - Cheese & Crackers - 4 per pack	\$0.50
E - Frozen Juice Pop	\$0.50
O - Red Rock Chips - Sea Salt	\$1.50
O - Popcorn - Plain	\$1.50
O - Grainwaves - Sour Cream & Chives	\$1.50
O - Pretzels	\$2.00
O - Mamee Chicken Noodle Snack	\$1.00

DAILY RECESS OPTIONS – See Whiteboard for which day your favourite is available.

O - Hash Browns	\$1.50
E - Cheese on Toast	\$1.00
O - Mini Hotdogs	\$1.50
O - Mini Scrolls	\$0.50
E - Pikelets with Jam or Honey	\$0.50
E - Quesadilla	\$0.50

HOT FOOD – LUNCH ONLY

E - Garlic Pita Bread	\$1.50
E - Cheese & Garlic Pita	\$2.00
E - Corn Cob	\$1.50
O - Chicken Wedges - 3 pieces	\$3.00
O - Spring Rolls - 3 pieces	\$2.50

TOASTED SANDWICHES – LUNCH via ORDER ONLY

E - Cheese, Vegemite, Strawberry Jam	\$3.00
E - Ham, Egg	\$4.00
E - Chicken	\$4.50
E - Tuna	\$5.00
E - Ham & Cheese	\$4.50
E - Ham, Cheese & Tomato	\$5.00

SANDWICHES – LUNCH via ORDER ONLY

(All sandwiches are on Wholemeal bread unless White requested.)

Add \$1 for rolls, 50c for toasted sandwiches, \$1.30 for Gluten Free bread)

E - Salad (lettuce, cucumber, tomato, carrot)	\$4.00
E - Ham or Egg	\$3.50
E - Chicken	\$4.00
E - Tuna	\$4.50
E - Cheese, Vegemite, Strawberry Jam	\$2.50
E - Plain or Buttered Bread Roll	\$1.50

SALAD BOXES – LUNCH via ORDER ONLY

E - Garden Salad	\$5.00
(lettuce, tomato, cucumber, carrot, salad dressing)	
Add Ham, Chicken or Egg - each	\$1.00
Add tin of Tuna	\$2.00

ADDITIONAL FILLINGS FOR SALADS & SANDWICHES

E - Salad (lettuce, cucumber, tomato, carrot)	\$1.50
E - Cheese, Beetroot, Carrot, Cucumber, Lettuce, Tomato, Pineapple - each	\$0.50

CONDIMENTS

Italian Dressing portion	\$0.30
Sweet Chilli portion	\$0.50
Mayonnaise	\$0.30
Tomato Sauce portion	\$0.50
Soy Sauce (Gluten Free option)	\$0.30

DAILY LUNCH OPTIONS

MONDAY

E - Twista Pasta Bolognese	\$5.00
E - Mac & Cheese	\$5.00

TUESDAY

(order by 4pm Monday)

E - Sushi	<i>(supplied by Sushi Hub)</i>	
Tuna and Avocado Roll		\$4.50
Crispy Chicken and Cucumber Roll		\$4.50
Avocado and Cucumber Roll		\$4.50
Mini Cucumber Box (8 pieces)		\$4.80
Mini Tuna Box (8 pieces)		\$4.80

WEDNESDAY

E - Pizza Za'atar	\$3.00
E - Pizza Margarita	\$4.00
E - Pizza Vegetarian	\$5.00
O - Pizza Beef	\$4.50
E - Penne Pasta	\$4.00

THURSDAY

E - Meatball Sub	(napolitana sauce, cheese)	\$5.00
O - Falafel Roll	(lettuce, tomato & tomato sauce)	\$5.50
O - Chicken Schnitzel Roll	(lettuce & mayonnaise)	\$5.00

FRIDAY

O - Meat Pie	\$4.00
O - Sausage Roll	\$3.00
O - Spinach & Ricotta Roll	\$3.50

HEALTHY FOOD GUIDE

E – Everyday Foods

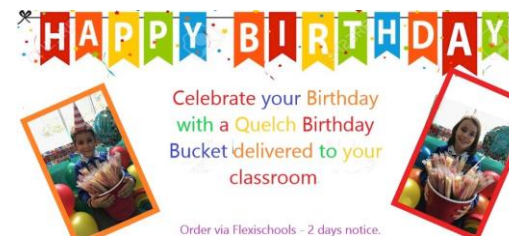
O – Occasional Foods

DRINKS

E - Water	\$1.50
E - Flavoured Milk	\$2.50
E - Fruit Juice	\$2.00
E - Glee Sparkling 99% Fruit Juice	\$2.50
E - Chill J Sparkling Fruit Juice	\$2.50
E - Hot Chocolate	\$2.00

FROZEN – LUNCH ONLY

E - Quelch Ice Block	\$0.50
E - Snap Stix	\$1.00
O - Vanilla or Chocolate Ice Cream Cup	\$2.00



Birthday Bucket - \$15

Celebrate your birthday with a Quelch Birthday Bucket or Tray of Baby Cupcakes (Egg and Dairy Free)

Order via www.flexischools.com.au

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