

CPPS CANTEEN SUMMER MENU

Term 1 - 2021

BREAKFAST – Available Monday to Thursday, students must pick by 9:15am

E - Weetbix with milk	\$2.00
E - Cheese on Toast	\$1.00
O - Hash Brown	\$1.00
E - Build an Egg Muffin	\$3.00
O - add Bacon	\$1.00
E - add Cheese	\$0.50

HOT FOOD RECESS – RECESS ONLY

E - Garlic Pita Bread	\$1.00
E - Cheese & Garlic Pita	\$1.50
E - Cheese on Toast	\$1.00
O - Hash Brown	\$1.00

SNACKS – RECESS & LUNCH

E - Seasonal Fruit Cup	\$1.50
E - Frozen Pineapple	\$0.50
E - Mini Frozen Fruit Cups	\$0.50
O - Red Rock Chips – Sea Salt	\$1.50
E - Popcorn - Plain	\$1.50
O - Grainwaves – Sour Cream & Chives	\$1.50
E - Bread sticks	\$0.50
E - Plain or Buttered Bread Roll	\$1.00
E - Cheese & Crackers	\$0.50

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HOT FOOD – LUNCH ONLY

E - Garlic Pita Bread	\$1.00
E - Cheese & Garlic Pita	\$1.50
E - Corn	\$1.00
O - Chicken Wedges - 3 pieces	\$2.50
O - Spring Rolls - 3 pieces	\$2.50

TOASTED SANDWICHES – LUNCH via ORDER ONLY

E - Cheese	\$3.00
E - Ham or Chicken	\$4.00
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 50c for rolls or toasted sandwiches)

E - Salad (lettuce, cucumber, tomato, carrot)	\$4.00
E - Ham, Chicken, Tuna, Egg	\$3.50
E - Cheese, Vegemite, Strawberry Jam	\$2.50
E - Plain or Buttered Bread Roll	\$1.00

SALAD BOXES – LUNCH via ORDER ONLY

E - Garden Salad (lettuce, tomato, cucumber, carrot, cheese, dressing)	\$4.00
E - Caesar Salad (lettuce, croutons, egg, parmesan cheese, dressing)	\$4.00
E - Greek Salad (lettuce, tomato, cucumber, capsicum, feta, olives, dressing)	\$4.00
Add Ham, Chicken or Egg - each	\$1.00
Add tin of Tuna	\$1.50

ADDITIONAL FILLINGS

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

CONDIMENTS

Caesar Dressing portion	\$0.30
Italian Dressing portion	\$0.30
Sweet Chilli portion	\$0.30
Mayonnaise	\$0.30
Tomato Sauce portion	\$0.30

DRINKS

E - Water	\$1.00
E - Milk (Chocolate, Strawberry, Vanilla Malt)	\$2.00
E - Fruit Juice (Apple, Apple Blackcurrant, Orange)	\$2.00
E - Chill J Sparkling Fruit Juice – (Orange, Raspberry, Grape, Watermelon)	\$2.00

FROZEN – LUNCH ONLY

E - Juicies Lemonade, Tropical, Wildberry	\$1.00
E - Quelch Ice Block Apple, Strawberry, Raspberry, Blackcurrant	\$0.50
O - Bulla Lite Vanilla Ice Cream Cup	\$1.50
E - Slushie	\$2.00



Birthday Bucket - \$15

Celebrate your birthday with a Quelch Birthday Bucket or Tray of Dairy Free Mini Baby Cakes

DAILY LUNCH OPTIONS

Monday

E - Pizza Za'atar	\$2.50
E - Pizza Margarita	\$3.50
E - Pizza Beef (Halal)	\$4.00
E - Penne Napolitana (pasta, napolitana sauce, parmesan cheese)	\$3.00

Tuesday

E - Sushi	\$3.00
Teriyaki Chicken, Tuna Cucumber, Vegetarian	
O - Potato Wedges with sweet chilli sauce	\$3.00

Wednesday

E - Chicken Souvlaki Wrap (lettuce, tzatziki)	\$4.00
E - Lamb Kofta Wrap (lettuce, tomato, tzatziki)	\$4.00
O - Falafel Wrap (lettuce, tomato, hummus)	\$4.00

Thursday

E - Hamburger (lettuce, tomato, tomato sauce)	\$4.00
E - Flamegrilled Chicken Burger (lettuce & mayonnaise)	\$4.00
E - Veggie Burger (lettuce, tomato & tomato sauce)	\$5.00

Friday

O - Cruiser Meat Pie	\$3.50
O - Sausage Roll (Halal)	\$2.50
O - Spinach and Ricotta Roll	\$2.50

HEALTHY FOOD GUIDE

E – Everyday Foods

O – Occasional Foods

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