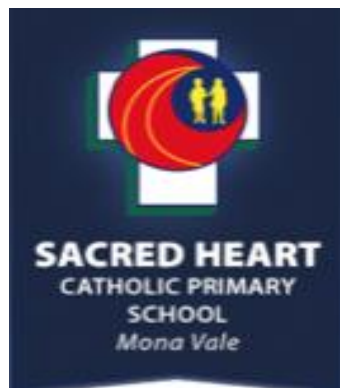


CANTEEN MENU 2019



MORNING TEA	
Arrowroot biscuits (A)	\$0.10
Banana Bread (A)	\$1.00
Choc Chip Muffins (A)	\$1.00
Corn Chips (G) (GF) with Salsa	\$0.80
Fruit Cups (G) (GF)	\$0.80
Jelly Cups (A)	\$0.80
Piranha Chips (G) (GF)	\$1.30
(Honey Soy, Salt & Vinegar, Light n Tangy, Smokey house BBQ, Oregano and Thyme)	
Popcorn (G) (GF)	\$1.20
Pretzels	\$1.00
Rice Cups (G) (GF)	\$1.00
With option of honey soy sauce (Not GF)	
Watermelon Wedge (G) (GF)	\$0.20

DRINKS	
Chill J Sparkling mineral juice (G)	\$2.00
Blackcurrant or Raspberry	
Emma & Toms (G)	\$2.80
Green Power Smoothie	
Juice (G)	\$2.20
Apple, Paradise Punch	
Milk (G) Chocolate or Strawberry	\$2.40
Plain	\$1.80
Water Plain	\$1.50

ICE BLOCKS	
Frozen Yoghurt Twisted (A)	\$2.00
Strawb/Vanilla, Choc/Vanilla, Watermelon/mango	
Frozen yoghurt (A) Mango or Strawb	\$2.00
Chocolate Gelato (A)	\$1.80
Lemonade Icy Twists (G) (GF)	\$1.20
Quelch Fruit Sticks (G) (GF)	\$0.50

Available at lunch service only

LUNCH HOT		
Butter Chicken and Rice (A)	Small	\$3.20
	Large	\$5.20
Cheese Melt (G)		\$1.20
Cheese and Ham Melt (A)		\$1.70
Garlic Roll (G)		\$1.20
Hamburger (A) (MONDAYS ONLY)		\$4.40
(Beef patty, Lettuce, Tomato, Beetroot, with choice of BBQ or tomato sauce)		
Meat Pie (A)	With Cheese	\$4.90
	Small	\$1.60
	Large	\$3.30
	Sauce	\$0.30

Nachos (A) (THURSDAYS ONLY)		
	Small	\$2.80
	Large	\$4.80
(Corn chips, mince bean mix, sour cream & cheese)		
Pasta (G) with Napolitana sauce	Small	\$2.80
	Large	\$4.80
Pizza (A) Sauce, ham, pineapple & cheese		\$2.00
Rice (G) (GF) with honey soy sauce	Small	\$1.80
	Large	\$2.80
Sweet Chilli Chicken Wrap (A)		\$4.50
(Lettuce, Mayo and choice of sweet chilli sauce, BBQ or tomato sauce)		

LUNCH COLD		
Fruit Salad (G) (GF)	Small	\$3.20
	Large	\$4.20
(Watermelon, Rockmelon, Strawberry, Kiwi, Orange, Grapes and Pineapple)		
Salad (G) (GF)	Small	\$3.20
	Large	\$4.20
(Carrot, Cucumber, Lettuce, Tomato & Beetroot)		
Add: Chicken, Ham, Egg or Tuna (each) \$0.50		
Sushi (G) (FRIDAYS ONLY)		\$3.50
Avacado (GF) Teriyaki Chicken, Tuna or Tuna Baby Box		
Rice Paper Roll (G)		\$3.50
(Teriyaki chicken, Carrot, avocado, Capsicum & mixed salad leaves)		

SANDWICHES	
Cheese (G)	\$2.80
Chicken (G) (Roast Chicken)	\$3.10
Egg (G)	\$2.80
Ham (A)	\$2.80
Ham and Cheese (A)	\$3.30
Ham Cheese and Tomato (A)	\$3.80
Salad (G)	\$3.30
(Carrot, Cucumber, Lettuce, Tomato, & Beetroot)	
Tuna (G)	\$2.80
Vegemite (G)	\$2.30
Wraps & extra fillings add	each \$0.50
Extra Options: Toasted	
Condiments available: Butter, Salt, Pepper, Mayonnaise, BBQ, Tomato & Sweet Chilli sauce	
Breads available: White, wholemeal, Wraps (Gluten free- please see canteen)	

ONLINE LUNCH ORDERS THROUGH QKR ONLY

Canteen open Monday, Thursday & Friday
 Morning Tea: 11-11:30 am Lunch: 12:50-1:30pm
 Canteen co-ordinator- Kay Neale
 Email: shmvcanteen@dbb.org.au

G	Green- fill the menu
A	Amber -select carefully
R	Red- only occasionally
GF	Gluten Free