
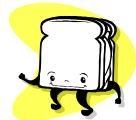




**CANTEEN SUMMER MENU TERM 4 2009 and TERM 1 2010 Phone: 9243 2104  
(STAFF ONLY & SECONDARY STUDENTS)**

<b>MONDAY PASTRY FREE</b>	<b>TUESDAY</b>	<b>WEDNESDAY PASTRY FREE</b>	<b>THURSDAY</b>	<b>FRIDAY</b>																																												
<b>SUSHI \$4</b> 5 Piece Combo or Chicken	<b>ALL SMASHED UP \$3</b>	<b>SUSHI \$4</b> 5 Piece Combo or Chicken	<b>PASTA \$3:50</b> <ul style="list-style-type: none"> <li>• Spirals with Bolognaise sauce</li> <li>• Vegetable Lasagne</li> <li>• Chicken Pasta Bake</li> </ul>	<b>TORPEDO</b> ½ wrap – \$3.00 - whole wrap \$6 With salad, mayo and either																																												
<b>MEGA FOLDOVER \$4 FILLING</b> <ol style="list-style-type: none"> <li>1. Baked bean and cheese</li> <li>2. Mexican chicken</li> <li>3. Creamy Chicken and Avocado</li> </ol> Whole toasted fold over sorry no variations	Spud Mash and Veg with either Roast Chicken Drumstick Chicken Chilli tender <b>OR</b> Baked Beans and Cheese  <b>CAESAR SALAD \$6</b> Sliced Southern style chicken with crispy ham, croutons and shaved Parmesan on Crispy Salad	<b>BURGER \$4.50</b> Filling choice: With salad and either Beef Burger Spicy Chicken Breast fillet Vegetarian Burger. Includes Sauces: choose, mayo, tomato, sweet chilli, bbq, mustard	<b>STEAKBURGER \$6</b> Toasted Turkish Bread sandwich with Marinated Fillet Steak and Caramelised onion	<ol style="list-style-type: none"> <li>1. CCT: Chicken Chilli Tender</li> <li>2. S/S: Southern Style Chicken Breast Tenderbite</li> </ol>																																												
<b>SALAD EVERYDAY</b>	<b>SANDWICHES &amp; ROLLS EVERYDAY</b>	<b>EVERYDAY</b>																																														
<b>Ingredients:</b> Lettuce Tomato Carrot Cucumber Celery Onion Beetroot <b>Extras:</b> Cheese 50c Avocado 50c Pineapple 40c Egg 70c Any combo available. Ask about our pickles, spreads & mustards – go for a sensory zing-zang!	 <table border="0"> <tr><td>Vegemite</td><td>\$1.60</td></tr> <tr><td>Vegemite &amp; Cheese</td><td>\$2.30</td></tr> <tr><td>Cheese</td><td>\$2.30</td></tr> <tr><td>Cheese &amp; Tomato</td><td>\$2.50</td></tr> <tr><td>Cheese &amp; Pineapple</td><td>\$2.60</td></tr> <tr><td>Cheese &amp; Salad</td><td>\$3</td></tr> <tr><td>Ham</td><td>\$3</td></tr> <tr><td>Ham &amp; Cheese</td><td>\$3.50</td></tr> <tr><td>Ham &amp; Pineapple</td><td>\$3.40</td></tr> <tr><td>Ham &amp; Salad</td><td>\$3.60</td></tr> <tr><td>Egg</td><td>\$2.50</td></tr> <tr><td>Curried Egg</td><td>\$2.80</td></tr> <tr><td>Egg &amp; Salad</td><td>\$3.30</td></tr> <tr><td>Chicken</td><td>\$3</td></tr> <tr><td>Chicken &amp; Salad</td><td>\$3.60</td></tr> <tr><td>Tuna</td><td>\$3</td></tr> <tr><td>Tuna &amp; Salad</td><td>\$3.60</td></tr> <tr><td>Salad</td><td>\$3</td></tr> <tr><td>Baked Beans</td><td>\$2</td></tr> <tr><td>Plain Bread</td><td>30c</td></tr> <tr><td>Plain Roll</td><td>60c</td></tr> <tr><td>Rolls 30c Extra</td><td></td></tr> </table> If you want a roll with any of the above add 40c	Vegemite	\$1.60	Vegemite & Cheese	\$2.30	Cheese	\$2.30	Cheese & Tomato	\$2.50	Cheese & Pineapple	\$2.60	Cheese & Salad	\$3	Ham	\$3	Ham & Cheese	\$3.50	Ham & Pineapple	\$3.40	Ham & Salad	\$3.60	Egg	\$2.50	Curried Egg	\$2.80	Egg & Salad	\$3.30	Chicken	\$3	Chicken & Salad	\$3.60	Tuna	\$3	Tuna & Salad	\$3.60	Salad	\$3	Baked Beans	\$2	Plain Bread	30c	Plain Roll	60c	Rolls 30c Extra		<b>WRAPS (Lebanese Bread)</b> Toasting: extra 20c Any filling ½ wrap – \$3 - whole wrap \$6 (All salad on list plus either chicken, ham, tuna, egg or cheese). Extra can be added at extra cost.  <b>All Toasted Sandwiches</b> Cheese \$2.50 Cheese & tomato \$2.50, Ham & Cheese \$3.50, Chicken & Cheese \$3.50 extras can be added at extra cost  <b>Pizza Cut To Size \$2 or \$3 or \$4</b> Bacon & cheese or ham & pineapple or supreme  		<p align="center"><b>Available Tuesday, Thursday, Friday PASTRY</b></p> Sausage Roll \$2 Steak Pie \$3 Beef Cruizer \$2.50 Beef & Cheese Cruizer \$2.50 <b>Sauce</b> Tomato 20c  
Vegemite	\$1.60																																															
Vegemite & Cheese	\$2.30																																															
Cheese	\$2.30																																															
Cheese & Tomato	\$2.50																																															
Cheese & Pineapple	\$2.60																																															
Cheese & Salad	\$3																																															
Ham	\$3																																															
Ham & Cheese	\$3.50																																															
Ham & Pineapple	\$3.40																																															
Ham & Salad	\$3.60																																															
Egg	\$2.50																																															
Curried Egg	\$2.80																																															
Egg & Salad	\$3.30																																															
Chicken	\$3																																															
Chicken & Salad	\$3.60																																															
Tuna	\$3																																															
Tuna & Salad	\$3.60																																															
Salad	\$3																																															
Baked Beans	\$2																																															
Plain Bread	30c																																															
Plain Roll	60c																																															
Rolls 30c Extra																																																

CANTEEN SUMMER MENU TERM 4 2009 AND TERM 1 2010 – SECONDARY SCHOOL AND STAFF ONLY

<p><b>SUMMER SALADS</b>  <b>Salad of the Day \$3.50</b>                  Do you have a request let us know?</p>  <p><b>Medium Salad Tub \$4</b>                  All our salad list plus your choice of either :                  Tuna or chicken or Ham or whole egg and                  cheese. (Plus a Bread Roll add 50c)</p> <p><b>Mega Salad Tub \$6</b>                  All our salad list plus chicken, ham, egg and                  cheese plus avocado (plus a bread roll add 50c).                  Salad Dressings available for 20c (Caesar,                  Balsamic)</p>	<p><b>TROPICAL FRUITS</b></p> <p><b>Fresh Seasonal Fruit 50c</b></p> <p><b>Fresh Watermelon Tub</b></p> <p><b>Small \$1</b>  <b>Medium \$2</b></p> <p><b>Fresh Tropo Fruit Tubs</b></p> <p><b>Small \$2</b>  <b>Medium \$4</b>  <b>Add Yoghurt for \$1</b></p>	<p><b>BREAKFAST ? Did you miss It? Come and see us for a morning fuel fill up before School. Nothing over \$1.50.</b></p> 																				
<p><b>DRINKS</b></p> <table border="0"> <tr><td>Water 600ml</td><td>\$1</td></tr> <tr><td>Classic 100% Juice (pineapple)</td><td>\$2</td></tr> <tr><td>(Fruit Juice Box (apple, apple black current &amp; orange)</td><td>\$1</td></tr> <tr><td>Lol:Razzbri, Go Mango, Tropkl or Bcurrent</td><td>\$2</td></tr> <tr><td>Hi Lo Milk Small</td><td>\$1</td></tr> <tr><td>Hi Lo Milk Large</td><td>\$2</td></tr> <tr><td>Flavour Milk Small</td><td>\$2</td></tr> <tr><td>Flavour Milk Large (Banana, Berry, Choc, Mocha &amp; Lite Coffee)</td><td>\$3</td></tr> <tr><td>Small Iced Tea (peach or lemon)</td><td>\$2</td></tr> <tr><td>Up &amp; go</td><td>\$1.50</td></tr> </table>	Water 600ml	\$1	Classic 100% Juice (pineapple)	\$2	(Fruit Juice Box (apple, apple black current & orange)	\$1	Lol:Razzbri, Go Mango, Tropkl or Bcurrent	\$2	Hi Lo Milk Small	\$1	Hi Lo Milk Large	\$2	Flavour Milk Small	\$2	Flavour Milk Large (Banana, Berry, Choc, Mocha & Lite Coffee)	\$3	Small Iced Tea (peach or lemon)	\$2	Up & go	\$1.50	<p><b>Year 10 community Hours</b>                  Please join our lunch team giving out ordered lunches and serving teachers at the window!                  Refreshments Provided                  Please see Mrs Aubrey we need your help to keep the lines short!!</p> <hr/> <p><b>PLEASE HELP OUT AT YOUR SCHOOL CANTEEN</b>                  Volunteers always required. Please phone Sheryn Aubrey – Canteen Manager on 9243 2104 anytime                  Shifts: Monday – Friday 8:30 – 11:30am or 11:00am – 2:00pm</p>  <p>Or Monday &amp; Friday only 12:00 – 3:00pm</p>	<p><b>SNACKS</b></p> <p><b>Muffin – assorted flavours \$1.50</b>  <b>Munchy Bags 70c</b>                  (cheese, sultanas, carrot, celery and vita wheat biscuit)</p> <p><b>Dip Stick \$1.50</b> cream cheese (light) Dip with celery, carrot &amp; cucumber sticks and a vita wheat biscuit.</p> <p><b>Yoghurt \$1.50</b> (mixed berry frenzy or Peach Banana, Passion)</p>  <p>Vege Chips BBQ \$1                  Phirhana Chips \$1                  Chicken JJs \$1                  Popcorn 80c</p>
Water 600ml	\$1																					
Classic 100% Juice (pineapple)	\$2																					
(Fruit Juice Box (apple, apple black current & orange)	\$1																					
Lol:Razzbri, Go Mango, Tropkl or Bcurrent	\$2																					
Hi Lo Milk Small	\$1																					
Hi Lo Milk Large	\$2																					
Flavour Milk Small	\$2																					
Flavour Milk Large (Banana, Berry, Choc, Mocha & Lite Coffee)	\$3																					
Small Iced Tea (peach or lemon)	\$2																					
Up & go	\$1.50																					