


ICEBLOCKS & ICECREAMS

½ Quelch	(gf)		.30c
Quelch	(gf)		.60c
Slushie	(gf)		\$1.00
Mini Frozen Yoghurt Stick			.80
Paddle pop –Chocolate or banana			\$1.20
Calippo – Raspberry, lemon, orange	(gf)		\$1.50
Vanilla Ice Cream Cups	(gf)		\$1.50
Golden North Swings- Strawberry	(gf)		\$2.00
Strawberry frozen Yoghurt cups	(gf)		\$1.80

SWEET TREATS

Cookies			.80c
Chocolate or Strawberry Mousse	(gf)		\$1.00
Yoghurt & Muesli Parfait			\$1.20
Jellies	(gf)		\$1.00
ALL MUFFINS Various Flavours			.50c

OVER THE COUNTER SNACKS

Red Rock Sea Salt Chips			\$1.50
Pretzels/Jumpy's/Grainwaves			.80c
Popcorn(gf)			.30c

RECESS ONLY

Hash Brown	(gf)	2 for	60c
Mini Pizza			\$1.20
Raisin Toast	<i>Unless ordered there is no guarantee that we won't run out</i>		..50c
Milo			\$1.00

About our Health Promoting Canteen: The selection of foods provided by our canteen is based on research and recommendations provided by the health promoting organisations such as Rite Bite. This menu has been developed to be in line with the right bite healthy eating policy.

In accordance with the Australian Healthy Eating Guidelines, we aim to sell more foods that have low fat, low sugar, and low salt and high nutritional value.



GREEN: Good healthy everyday foods.

AMBER: Sometimes foods

GF Gluten Free Option

V Vegan

Forks & Spoons 5c

Lunch Bags 10 for 50c

CREDIT IS NOT AVAILABLE–

Please check the money and prices are correct otherwise we will have to substitute.

Please fold bags do not use staples, pins or tape

ABN 41 649 214 847\

WE PREFER QKR FOR ORDERING AND PAYMENT



HOT FOODS

Spring Rolls	(vegan option available)		\$2.00
Garlic Bread			.60c
Fish Fingers each			.60c
Dino Nuggets each	(gluten free option available)		.80c
Wedges			\$3.40
½ bag wedges			\$1.80
Hash Brown Triangles	(gf)	2 for	.60c
Pizza Ham and Pineapple or BBQ chicken			\$3.00
Fish Fingers (6) + mixed veg or salad mini hash brown, bread roll			\$5.00
Dino Nuggets (5) + mixed veg or salad mini hash brown, bread roll	(gluten free option available)		\$5.00
To add gravy to any pack, add 50c			
Quiche with salad, ham, cheese			\$5.00
Spirali bolognaise			\$4.70
<u>BURGERS</u>			
Chicken Burger, lettuce, tomato, carrot, mayo			\$4.70
Hamburger, lettuce, tomato, carrot, sauce			

HOT DOGS

Hawaiian Burger Combo	—chicken burger with coleslaw, pineapple and pineapple juice	\$6.50
Hot Dog Plain	(gf or vegan option available)	\$3.40
With Cheese	add 30c	
Add .20c for Tomato Sauce, BBQ Sauce, Sweet Chilli Sauce or Mayonnaise, Mustard		



MRS MAC'S GOOD EATING PIES

Mrs Mac Good Eating Pie	add 20c for Tomato Sauce	\$3.50
Mrs Mac Sausage Roll	add 20c for Tomato Sauce	\$3.00
Mrs Mac Pasty	add 20c for Tomato Sauce	\$3.50

HOT DOG COMBO PACK

Hot Dog with sauce, juice or flavoured milk and raspberry muffin	\$6.00
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SANDWICHES

Sandwiches on whole meal bread (gluten free option available)

Butter only	\$1.00
Vegetemite	\$1.30
Cheese	\$1.50
Egg	\$1.70
Ham	\$2.00
Tuna	\$2.50
Chicken	\$2.70
Toasted Sandwiches add 30 cents	



WRAPS

Chicken, lettuce mayo	\$4.20
Salad & mayo	\$3.20
Ham, cheese, lettuce & mayo	\$3.50
Salad for sandwiches/wraps add 30c for each item	
Lettuce, tomato, cucumber, carrot, cheese.	
Add 20c for Tomato Sauce, BBQ Sauce, Sweet Chilli Sauce, Whole Egg Mayo or Peri Peri Mayo	

WINTER WARMERS

Falafel with salad & Salsa-Falafel balls with garden salad, corn & salsa (vegan)	\$5.00
Hot sweet chilli chicken wrap with- Lettuce, carrot & sweet chilli mayo	\$4.70
Mexican Meatball Salad (Mouthwatering meatballs with garden salad, corn, sour cream & salsa)	\$5.00
Pumpkin or Tomato soup with a bread roll	(gf & vegan) \$2.70
Milo	\$1.20
Chicken Noodle Cups	\$2.30

DRINKS

Big M Strawberry or chocolate	(gf)	\$2.50
Plain milk 200ml	(gf)	\$1.20
Spring Water		\$1.20
Juice (apple, OJ, tropical) 'NUDIE'	(gf)	\$2.50