TASTEBUDS
Canteen Menu 2017

SANDWICHES/WRAPS/ROLLS
(WHOLEMEAL OR MULTI GRAIN)

Base price of $2.00 then add. All can be toasted also at no extra charge.

Meats
Choice of Ham, Chicken, Tuna or Salami
$0.50 per selection

Dairy & Egg
Choice of Cheese, Feta, Egg, Curried Egg or Cream Cheese
$0.50 per selection

Salad
Choice of Lettuce, Carrot, Beetroot, Tomato or Cucumber
$0.50 per selection

Roast Vegetables
Choice of Capsicum, Eggplant, Zucchini or Pumpkin
$0.75 per selection

Spreads
Choice of Vegemite, Jam, Mayonnaise, Mustard, Tomato sauce or Tzatziki
$0.25 per selection

HOT FOOD

Homemade Zucchini Slice
Fresh Homemade zucchini slice $3.50
(contains egg and gluten)
Add garden salad for $2.00

Beef Lasagne
Homemade beef lasagne. $4.00
(contains dairy and gluten)
Add garden salad $2.00

Spaghetti Bolognaise
Homemade bolognese sauce with spaghetti $4.00
Please specify if gluten free is required

Penne Napoli
Homemade Napoli sauce with penne pasta. $4.00
Please specify if gluten free is required

Burgers
Beef, Chicken or Veggie Pattie
Pattie served with tomato, lettuce, cheese and tomato relish in a pita bread pocket. $4.00

Sausage or Veggie Roll
Homemade sausage roll filled with healthy vegetables and beef or vegetable roll filled with healthy vegetables $3.00 sauce add .20c

Good Eating Beef Pie
Beef Pie from the Mrs. Mac's Good Eating Range $3.50 Sauce add .20c

Pizza Slice
Margarita, Hawaiian or Supreme $3.00

Fried Rice
Homemade fried rice with bacon pieces and vegetables $4.00

HOT SNACKS

Good Eating Party Pie
Beef Party Pie Mrs. Mac's Good Eating Range $1.00 sauce add .20c

Corn on the Cob
Steamed baby corn cob $0.50

Party Sausage Roll or Veggie Roll $1.00 sauce add .20c

Spinach & Ricotta Filo
Small filo parcel filled with spinach and ricotta $1.00

Please place your order on a brown paper bag stating your full name, class and order.
Correct money is greatly appreciated.
Brown paper bags can be purchased for a cost of $0.10
# TASTE BUDS

## Canteen Menu 2017

### SNACKS

- **Popcorn**  
  Fresh popped popcorn $1.00

- **Freshly Baked Muffin**  
  Freshly baked muffin flavours change daily. Contains fruit and wholemeal flour $1.00

- **Freshly Baked Cookie**  
  Freshly baked cookie $0.50

- **Gingerbread Cookie**  
  Freshly baked cookie $1.00

- **Fresh Fruit**  
  Fresh seasonal fruit $0.75

- **Yoghurt with Fresh Fruit Coulis**  
  Fresh yoghurt with fruit coulis $2.00  
  Plain $1.00

- **Rice Crackers, Dip & Veggie Sticks**  
  $2.00

- **Fruit Salad**  
  Seasonal fresh fruit $2.00

### DRINKS

- **Big M Flavoured Milk**  
  Chocolate or Strawberry reduced fat $2.00

- **Water**  
  Mount Franklin 600ml $1.50

- **Just Juice**  
  100% Fruit Juice. Available in Orange, Apple and Apple & Blackcurrant $2.00

### FROZEN BITS

- **Fruit Smoothies**  
  Weekly Flavours $2.00

- **Frozen Yoghurt with Fruit Coulis**  
  Yoghurt with fruit coulis $1.50

- **Paddle Pop**  
  Streets Paddle Pop $1.50

- **Icy Twist / Mini Calippo**  
  Streets Icy Twist and Calippo $1.00

- **Ice-Cream Cup**  
  Ice-cream scoop in cup with Milo $1.00

- **Frozen Pineapple Rings**  
  $0.50

- **Sushi/ Rice Paper Roll**  
  (Available Tue and Wed only)  
  - **Cooked Tuna Sushi**  
    Cooked tuna, mayo, lettuce and cucumber  
    2 rolls $5.00
  - **Teriyaki Chicken Sushi**  
    Chicken strips, lettuce, cucumber, carrot, mayo and sesame seeds  
    2 rolls $5.00
  - **Vegetarian Rice Paper Rolls**  
    2 per pack $5.00(includes dipping sauce)

- **Teriyaki Chicken Rice Paper Rolls**  
  2 per pack $5.00(includes dipping sauce)

- **Green **  
  **Amber**  
  **Vegetarian Options.**