

# TASTEBUDS

## Canteen Menu 2020

### SANDWICHES/WRAPPS/ROLLS

*(Wholemeal or Multi Grain)*

Base price of \$2.00 then add from the selection below.  
All can be toasted also at no extra charge.

#### ◆ Meats

Choice of Ham, Chicken, Tuna or Salami  
\$1.50 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 \$4.50  
*(contains egg and gluten)*  
Add garden salad for \$2.00

#### ☉☉ Beef Lasagne

Homemade beef lasagne \$4.50  
*(contains dairy and gluten)*  
Add garden salad \$2.00

#### ☉☉ Spaghetti Bolognese

Homemade bolognese sauce with spaghetti \$4.50  
*Please specify if gluten free is required.*

#### ☉☉ Penne Napoli

Homemade napoli sauce with penne pasta \$4.50  
*Please specify if gluten free is required.*

#### ☉☉ Burgers: Beef, Chicken or Veggie

Your choice of beef, chicken or vegetable pattie served  
with tomato, lettuce, cheese and tomato relish in a pita  
bread pocket \$4.50

#### ☉☉ Sausage or Veggie Roll

Homemade sausage roll filled with healthy vegetables and  
beef or a vegetable roll filled with healthy vegetables  
\$3.50 each, with sauce add \$0.20

#### ◆ Good Eating Beef Pie

Beef Pie from the Patties Good Eating Range \$4.00,  
with sauce add \$0.20

#### ◆ Pizza Slice

Margarita, Hawaiian or Supreme \$3.50

#### ☉☉ Fried Rice

Homemade fried rice with bacon pieces and vegetables  
\$4.50

### HOT SNACKS

#### ◆ Good Eating Party Pie

Beef Party Pie Patties Good Eating Range \$1.10,  
with sauce add \$0.20

#### ☉☉ Corn on the Cob

Steamed baby corn cob \$1.00

#### ☉☉ Party Sausage Roll or Veggie Roll

\$1.20, with sauce add \$0.20

#### ☉☉ 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*



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### 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 gingerbread cookie \$1.00

⊕ **Fresh Fruit**

Fresh seasonal fruit \$0.75

⊕ **Yoghurt with Fresh Fruit Coulis**

Fresh yoghurt with fruit coulis \$2.00 or plain \$1.00

⊕ **Rice Crackers, Dip & Veggie Sticks**

\$2.00

⊕ **Fruit Salad**

Seasonal fresh fruit \$2.50

### 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

⊕ **Fruit Smoothies**

Weekly Flavours \$2.50

### FROZEN BITS

*(These items need to be picked up at the canteen counter at lunch) All bags with these items are stamped with a red stamp please if you have a prep child let them know to pick up their frozen item by taking their lunch bag to canteen.*

◇ **Slush Puppie**

99% pear base with added natural flavours 150ml \$2.00

⊕ **Frozen Yoghurt with Fruit Coulis**

Yoghurt with fruit coulis \$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 Tuesday and Wednesday only)*

⊕ **Cooked Tuna Sushi**

Cooked tuna, mayo, lettuce and cucumber  
2 rolls for \$5.50

⊕ **Teriyaki Chicken Sushi**

Chicken strips, lettuce, cucumber, carrot and mayo  
*(contains sesame seeds)*  
2 rolls for \$5.50

⊕ **Vegetarian Rice Paper Rolls**

2 per pack for \$5.00 (includes dipping sauce)

⊕ **Teriyaki Chicken Rice Paper Rolls**

2 per pack \$5.50 (includes dipping sauce)

⊕ = Green   ◇ = Amber  
⊙ = Vegetarian option available

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[www.quikcliq.com.au](http://www.quikcliq.com.au)

