



# TOONGABBIE PUBLIC SCHOOL P&C ASSOCIATION

## 2019 CANTEEN MENU



UPDATED MENU EFFECTIVE FROM 1 SEPTEMBER 2019

### SANDWICHES

CHOICE OF BREAD: White slice / Wholemeal slice / Wrap / Bread Roll

BUTTERED	\$ 1.50
JAM	\$ 2.00
VEGEMITE	\$ 2.00
CHEESE	\$ 2.00
TOMATO	\$ 2.00
CHEESE & TOMATO	\$ 2.50
EGG (with Mayo)	\$ 2.50

CHICKEN	\$ 3.50
HAM	\$ 3.50
TUNA	\$ 3.50
SALMON	\$ 3.50

ADD to any sandwich above

CHEESE SLICE	\$ 0.60
ADD SALAD ITEM (each)	\$ 0.50

*CHOOSE: Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion.*

<b>SALAD SANDWICH</b>	\$ 4.00
-----------------------	---------

INCLUDES: Lettuce, Tomato, Cucumber, Carrot, Beetroot  
(with MAYO optional, add cheese for 60c)

<b>Add Protein to salad s/wich</b>	\$ 1.00
------------------------------------	---------

Choose: CHICKEN/HAM/TUNA/SALMON/EGG

### TOASTIES

CHOICE OF BREAD : White/Wholemeal slice

CHEESE	\$ 2.20
CHEESE/TOMATO	\$ 2.70
HAM/CHEESE	\$ 4.00
HAM/CHEESE/TOMATO	\$ 4.50
VEGEMITE	\$ 2.20

### WARM BREAD ROLLS

Individually wrapped, served warm.

HAM & CHEESE BREADROLL	\$ 2.00
CHEESE BREADROLL	\$ 2.00

### SPECIALTY WRAPS

CHICKEN CAESAR WRAP	\$ 5.00
TUNA, CUCUMBER & MAYO WRAP	\$ 5.00
CHEESE AND AVOCADO WRAP	\$ 5.00

### SALADS

Fork is supplied with all salads

GARDEN SALAD	\$ 5.50
--------------	---------

*Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion.*

*Plus Choice of Italian or Balsamic Dressing*

GREEK SALAD	\$ 5.50
-------------	---------

*Tomato, Capsicum, Cucumber, Spanish Onion, Olives & Feta*

CAESAR SALAD	\$ 6.00
--------------	---------

*Chicken, Cos Lettuce, Ham, Croutons, Egg & Caesar Dressing*

### SALAD EXTRAS

Add...CHEESE	\$ 0.60
Add...Boiled EGG each	\$ 1.00
Add...PROTEIN Chicken/Ham/Salmon/Tuna	\$ 1.00
<u>EXTRA SALAD DRESSING</u>	\$ 0.50

Italian, Balsamic, Greek or Caesar

### RICE PAPER ROLLS – TUESDAYS ONLY

VEGETARIAN RICE PAPER ROLL	each	\$ 2.50
<i>Avocado, Cucumber, Carrot, Noodles, Lettuce</i>		
CHICKEN RICE PAPER ROLL	each	\$ 3.00
<i>Chicken, Cucumber, Carrot, Lettuce Noodles</i>		
OPTIONAL SAUCE – TERIYAKI OR SWEET CHILLI		\$ 0.30

### MISC ITEMS

CORN COBBETTE	\$ 1.00
BOILED EGG	\$ 1.00

### CUP OF NOODLES

Fork is supplied with all noodles.

MAMEE Cup of Noodles (BEEF OR CHICKEN)	\$ 3.00
GLUTEN FREE CHICKEN NOODLE CUP	\$ 3.00

### MEALS MADE IN OUR CANTEEN

These meals are all COOKED onsite at TPS with using fresh ingredients!  
Fork is supplied with each of the meals in this category.

BEEF LASAGNE		\$ 5.00
SPAGHETTI BOLOGNESE		\$ 5.00
PASTA NAPOLITANA	(V)	\$ 4.50
MACARONI & CHEESE	(V)	\$ 4.50
BUTTER CHICKEN & RICE		\$ 5.00
FRIED RICE	(GF)	\$ 4.50
ZUCCHINI SLICE		\$ 3.00
VEGETARIAN FRITTATA		\$ 3.00

### OTHER HOT FOOD

Mrs Macs BEEF PIE	\$ 4.00
Mrs Macs POTATO PIE	\$ 4.20
Mrs Macs SAUSAGE ROLL	\$ 3.00
CHICKEN NUGGETS x 3	\$ 2.00
CHICKEN NUGGETS x 6	\$ 4.00

### PIZZA SLABS

	\$ 4.00
--	---------

\* Hawaiian \*BBQ Chicken \* Margarita (V)

### BURGERS/HOT DOGS

BEEF BURGER	\$ 5.00
<i>(includes Beef Pattie tomato, lettuce &amp; choice of sauce)</i>	
CHEESE BURGER	\$ 5.00
<i>(includes Beef Pattie, cheese &amp; choice of sauce)</i>	
GRILLIED CHICKEN BREAST BURGER	\$ 5.00
<i>(includes lettuce &amp; mayo)</i>	

HOT DOG (Pork Free)	\$ 3.00
Add sauce portion	\$ 0.30

ADD CHEESE SLICE	\$ 0.60
ADD SALAD ITEM (each)	\$ 0.50

*CHOOSE: Lettuce, Tomato, Cucumber, Carrot, Beetroot, Onion.*

### CONDIMENTS

SAUCE PORTION	\$ 0.30
Tomato/BBQ/Mild American Mustard/Teriyaki/Sweet chilli	



# 2019 CANTEEN MENU



UPDATED MENU EFFECTIVE FROM 1 SEPTEMBER 2019

## SUSHI FRIDAYS (Terms 1 & 4 ONLY)

MUST be ordered by noon THURSDAY for FRIDAY delivery.

<b>MAKI ROLLS</b>	<b>\$ 4.00</b>
* TERIYAKI CHICKEN & CUCUMBER	
* TUNA & CUCUMBER	
* CHICKEN SCHNITZEL & CUCUMBER	
* VEGETARIAN - TOFU, CARROT & CUCUMBER	

<b>MUNCH BOX</b>	<b>\$ 5.50</b>
* CHICKEN SCHNITZEL	* TERIYAKI CHICKEN
* CUCUMBER	* AVOCADO
	* TUNA
* COMBO: TERIYAKI CHICKEN & TUNA	

*ALL SUSHI COMES WITH GLUTEN FREE SOY SAUCE  
DELIVERED IN RECYCLABLE PACKAGING*

## MANAGERS LUNCH SPECIALS

Lunch Specials will be advertised each fortnight in the school newsletter and on Flexischools.

Each special will run for 2 weeks and be available to order on Flexischools or over the counter.

## PLEASE NOTE: CUTLERY

Where not specified as included, cutlery will be charged as follows:

FORK or TEASPOON EACH \$ 0.10

## SNACKS

AVAILABLE AT OVER THE COUNTER AND TO ORDER FOR RECESS OR LUNCH

KOALA AIR POPPED POPCORN	\$ 1.50
RED ROCK DELI CHIPS ( <i>Sea Salt</i> )	\$ 1.50
MAMEE RICE STICKS ( <i>Cheese or Chicken</i> )	\$ 1.20
TINY TEDDIES - CHEESY CRACKERS	\$ 1.00
JATZ MINI BISCUITS	\$ 1.00
BREAD STICKS	each \$ 0.20

## RECESS HOT FOOD ITEMS.

AVAILABLE DAILY AT RECESS.

To guarantee availability recess orders are recommended.

GARLIC BREAD	\$ 0.80
CHEESY GARLIC BREAD	\$ 1.00
MARGHERITA SUB	\$ 1.00
Cheese and Napoli Sauce	
PIZZA SUB	\$ 1.20
Bacon, Cheese and Napoli Sauce	
POTATO WEDGES	\$ 2.00

## FRESH RECESS ITEMS

CHECK THE CANTEEN DAILY FOR OTHER FRESHLY MADE RECESS/SNACK OPTIONS THAT MAY BE AVAILABLE

\*Indicates spoon provided

*CUSTARD CUP	\$ 0.80
*LARGE CUSTARD CUP WITH FRESH FRUIT	\$ 1.70
*VANILLA YOGURT with FRESH FRUIT	\$ 1.70
*FRESH FRUIT SALAD CUP	\$ 1.50

SEASONAL FRESH FRUIT	Price will vary from \$1.00
WATERMELON WEDGE	\$ 0.20 - \$ 0.50
FROZEN ORANGE SLICE	\$ 0.20
VARIOUS DIPS WITH FRESH CUT VEGE STICKS	\$ 1.00
e.g Hummus, Tzatsiki. Availability will vary.	
CHEESE AND CRACKERS	\$ 1.00

CORN / RICE CAKES with JAM or VEGEMITE	\$ 0.50
PIKELETS with JAM or BUTTER	\$ 1.00

TPS ANZAC COOKIE	\$ 0.50
TPS KIDS SIZE FRESH MUFFINS	\$ 1.00
Flavour will vary. Made fresh on site.	

## RECESS ORDERS

To Guarantee availability at recess, Hot & Fresh Recess items, Snacks, basic Sandwiches & Drinks may be pre-ordered for recess via Flexischools ONLY.

These orders are to be collected from the canteen by your child during the 10 minute recess eating time.

## BREAKFAST ITEMS

ONLY AVAILABLE BETWEEN 8:30-8:50am

OR Pre-order by 8am on Flexischools for 8:30 collection

Raisin Toast	per slice \$ 1.00
English Muffin (buttered)	\$ 1.00
English Muffin with Cheese	\$ 1.50
CHEESE TOASTIE	\$ 2.20
HAM & CHEESE TOASTIE	\$ 4.50

## DRINKS

CHILL J	\$ 2.00
Lemonade, Watermelon, Orange Passio, Blackcurrant, Raspberry, Grape or Cola (apple)	
OAK LIGHTMILK CARTON	\$ 1.70
Choose Plain Milk, Chocolate, Strawberry or Banana	
UP and GO	\$ 2.50
Choose Chocolate, Strawberry or Vanilla	
JUST JUICE POPPER	\$ 1.50
Choose Apple, Apple & Blackcurrant or Orange	
Mt Franklin WATER 600ml	\$ 2.00
Mt Franklin KIDS FLAVOURED WATER 250ml	\$ 2.00
Apple, Lemon or Pineapple Flavour.	
Contains NO SUGAR – comes in a pop top bottle	
PUMP WATER 750ml	\$ 2.60

\*COMING SOON – COCONUT WATER\*

HOT CHOCOLATE	\$ 2.00
<i>Hot Chocolate that is ordered must be collected by child from the canteen. Can not be placed in lunch order baskets.</i>	

## LUNCHTIME ONLY FROZEN TREATS

SLUSHIES	Small \$ 1.00
	Large \$ 2.00
QUELCH STICKS	\$ 0.50
FROZEN JUICE CUP	\$ 1.00
Orange or Apple/Blackcurrant Flavour	
PADDLE POP (ChocCaramel & Rainbow)	\$ 1.70
MOOSIES (Chocolate, BlueBubbl gum)	\$ 1.50
WEIS BARS (Chocolate & Strawberry)	\$ 2.00