

Orchard Grove Primary School

SUMMER CANTEEN MENU

commencing Wednesday 10th October 2018

Lunch orders are available on Mondays, Wednesdays & Fridays

SANDWICHES / WRAPS

Sandwiches available on wholemeal bread or wraps

Quality Gluten Free Bread - \$0.50 extra

Rolls - \$0.60 extra Focaccia - \$0.80 extra

Vegemite	2.00
Salad	3.00
Cheese & salad	3.50
Egg, lettuce & mayo	3.50
Tuna, cucumber & lettuce	4.00
Ham & salad	5.00
(lettuce, tomato, carrot, cucumber)	
Roast Beef & salad	5.00
Roast Beef, cheese & pickles	4.50
Ham & cheese	3.50
Roast Chicken & salad	5.00
Roast Chicken, lettuce & mayo	4.50
Mexican: Chicken, cheese, lettuce & salsa	5.00
Hawaiian: Ham, lettuce, pineapple & mayo	5.00

TOASTIES

Please indicate sandwich, wrap, focaccia or muffin

Cheese	2.50
Ham & cheese	3.50
Ham, cheese & tomato	4.50
Roast beef & cheese	4.00
Chicken & cheese	4.00
Spaghetti & Cheese	3.50
Hot Apple	3.00

SALADS

Vege Hummus Bowl	5.00
Ham, Chicken or Roast Beef, boiled egg, tasty cheese slice & salad	5.50
1 Honey Soy Chicken Drumstick & salad	4.50
Beef or Chicken Pattie or Veggie Pattie & salad	5.00

HOT FOOD

Honey Soy Chicken Drumstick	3.00
1 Honey Soy Chicken Drumstick & 4 Potato Wedges	4.50
2 Honey Soy Chicken Drumsticks & 4 Potato Wedges	5.50
Potato Wedges (8) & sour cream	3.00
HOME MADE Beef or Chicken Burger or Veggie Burger with lettuce, cheese, tomato, tomato sauce or mayo	5.50
Grilled chicken Tenderloin Wrap	5.50
With lettuce & mayo <u>OR</u> lettuce and cheese	
Nachos with Salsa & Cheese (V)	3.00
GF Spaghetti Bolognese (GF)	5.50
Beef <u>OR</u> Chicken Pattie <u>OR</u> Veggie Pattie with Potato Wedges & dipping sauce (tomato or sour cream)	5.50

V – Vegetarian
GF – Gluten Free

PITA PIZZA

Chicken, cheese & bbq sauce	4.50
Ham, cheese & tomato sauce	4.00
Cheese and tomato sauce	3.00
Tuna, corn & cheese & tomato sauce	4.00
Corn, pineapple, capsicum, cheese & tomato sauce	4.00
Extra Toppings- Pineapple	0.50
- Capsicum	0.50

FROZEN ITEMS

Frozen Pineapple Ring	1.00
Frozen Orange Wedge	0.50
Frozen Watermelon	1.50
Zing Yogurt Ice Stick (GF)	1.50
Frozen Yogurt & Fruit Cup	2.50
Slushy	2.00

SNACKS

Mini Croissant	1.50
Cheesy-Mite Scroll (V)	2.00
Carrot sticks with dip	1.00
Popcorn – Butter or Salt & Vinegar (V/GF)	1.50
Orange Wedges (whole orange)	1.50
Apple (cored) (V/GF)	1.50
Watermelon (V/GF)	2.00
Fruit & Jelly Cup (V/GF)	1.50
Strawberry Yoghurt Squeezie Pouch	1.50
Go! Choc Chip Cookie	1.50
Anzac Biscuit	1.00
Red Rock Deli Chips 27g	2.00

DRINKS

100% Juice – Apple or Orange	2.00
Mineral Water	
Apple & Raspberry / Lemon Lime	2.00
Nippy Low Fat Flavoured Milk 250ml	
Strawberry or Chocolate	2.00
Re-Usable Lunch Wallets (sample at office)	10.00
Pink, Green, Purple or Blue	
Paper Bags	0.10

**SLUSHIES
ARE
BACK!!**

NEW
**VEGE
HUMMUS
BOWL**

- CAPSICUM
- CARROTS
- CUCUMBER
& DIP

**ONE FROZEN ITEM
PLUS ONE FROZEN FRUIT
PERMITTED**

**BEEF or CHICKEN or VEGIE PATTIE WITH POTATO WEDGES and
Dipping Sauce OR With Salad**

Please encourage your child to return to the canteen if any item is missing
Canteen Manager – Sophie Polites - 0407 853 812