

# TELOPEA PARK SCHOOL

## CANTEEN MENU 2019

TERESA SHEA (Manager) 0409 722 343

### EVERYDAY SNACK MENU

Fresh Apple or Orange (G)	\$1.20
Watermelon pot (G)	\$2.50
Homemade Cookie (A)	\$1.00
Homemade Muffin	\$1.00
Messy Monkeys Crisp (Various Flavours)	\$1.50
Chocolate Mousse(A) (GF)	\$2.00
Mixed Berry Yoghurt & Honey Pot (A)	\$2.00
Jelly with fruit(A)	\$1.50
Popcorn Plain (A)	\$1.80
Paddle Pops (Variety Flavours) (A)	\$2.00
Frozen Fruit Cup (A)	\$1.00
Frozen Quelch Stick (A)	\$1.00
Frozen Yogurt (A)	\$2.50

### SANDWICHES

Vegemite, Cheese or Ham(A)	\$3.00
Ham & Cheese (A), Cheese & Tom(G)	\$3.50
Ham, Cheese & Tomato (A)	\$4.00

TOASTED EXTRA 50c

Egg Lettuce & Mayo(G) or Tuna Lettuce & Mayo(G) or Chicken Lettuce & Mayo(A)	\$4.00
Chicken Salad (A), Ham Salad (A), Cheese Salad	\$4.50

GLUTEN FREE BREAD AVAILABLE ON LUNCH

ORDER \$1.00 extra

### SALAD BOXES

Chicken Salad, Ham Salad, Chicken Caesar Salad, Greek Salad or Chicken Coriander(A)	\$5.00
Fruit Salad (G)(GF)	\$3.50
Pasta Salad (Term 1 & 4)	\$5.00
Asian Noodle Salad (V) (A) (Term 1 & 4)	\$5.00

### Sushi Monday

Tuna, Beef Teriyaki, Vegetarian, Chicken Teriyaki (GF)(A)	\$3.50ea Roll
Sushi Mini Box (Chicken Teriyaki, Tuna, Avocado, Cucumber, or Tuna and Chicken Teriyaki combo) (GF)(A)	\$4.00ea Box
Rice Paper Rolls (chicken or Veg)	\$3.50ea

Gluten Free Pasta (with margarine and Parmesan Cheese (A) (Lunch order Only) **\$5.00**

Approved by National Healthy School Canteen Guidelines - Nutrition Australia

(G) Always on the menu, (A) Select carefully, (GF) Gluten Free (V) Vegetarian

### HOT MEALS

Sweet Chilli Chicken Wrap (with lettuce, mayo & sweet chilli sauce) (A)	\$5.50
Chicken Burger (Lettuce & mayo) (A)	\$5.00
Baby Peri Peri Chicken wrap (A)	\$3.00
Oven Baked Wedges (A)	\$3.50
Cheese Pizza (G)	\$2.00
Ham and Cheese Pizza(A)	\$2.00
Garlic Bread (A)	50c
Party Pie (A)	\$1.00
Cruiser Pie (A)	\$3.80
Sausage Roll (A)	\$3.00
Tomato Sauce (A)	30c
Oven Baked Hash brown (A)	\$1.00
Quesadilla (A)	\$2.00
Chicken Noodles (A)	\$2.60
Roast Beef & Gravy Roll (A) (Tuesday Only)	\$4.00
Pulled Pork & Coleslaw Roll(A)(Wednesday only)	\$4.00

### Available on Lunch Order Only

Lasagne(A)	\$4.00
Spinach Ricotta Roll (A)	\$3.20
Beef Burger(Lite)(Lettuce and Mayo)(A)	\$5.00
Chicken Nuggets (each)	.60c

### DRINKS

Flavoured Milk 300ml (G)	\$2.60
Plain Milk (A)	\$2.00
Water 600ml (G)	\$2.60
Fruit Juice poppers 200ml (A)	\$1.60
GLEE - (Tropical, Bl/currant, R/berry & Bubblegum Grape) (A)	\$2.60
Appletiser (A)	\$3.10
Flavoured Water Sugar Free(Apple, Pinapple,Lime)	\$2.60
Cool Crush/Slushy (A)	\$2.50
Lightly Sparkling Water (G)	\$3.10
Mt Franklin Sparkling water (Berry, Lemon or Lime)	\$3.10

### DAILY SPECIALS

MONDAY - Penne Pasta (G)
TUESDAY - Butter Chicken (A)
WEDNESDAY Spaghetti Bolognese(A)
THURSDAY - Macaroni Cheese(A)
FRIDAY - Spinach Ricotta Pasta (A)
Large: \$5.00 SMALL: \$4.00

Winter Warmer Homemade Soup with Bread Roll (G) (Term 2 & 3) \$4.00