



Canteen MENU

Homemade meals with quality produce, fresh juices, smoothies and a range of snacks, all made with a focus on healthy ingredients, no additives, sugars or preservatives.

Bon Appetit!

Hot Meals

- Lasagne** **5.50**
Homemade lasagne (pork/beef) packed with veggies in a tomato based sauced topped with bechamel & tasty cheese
- Mac n Cheese** **5.50**
A delicious homemade classic made with creamy bechamel sauce and a variety of cheeses baked until golden.
- Pasta Bolognese** **5.50**
Homemade Italian bolognese (beef and pork) sauce served with pasta.
- Garlic Bread** **1.70**
Homemade garlic paste, butter - available GF/Vegan +\$1
- Chicken Tenders** **2.75**
Fresh chicken breast tenders, flour, eggs, breadcrumbs, lightly pan seared
Sauce +50c (tomato, BBQ, lemon garlic aioli) - GF +\$1
- Beef Burger** **6.50**
Juicy beef burger - beef, onion, parsley & capsicum patties with lettuce and sauce of choice on brioche bun. Additional extras available online
- Chicken Burger** **5.50**
Marinated garlic chicken breast OR schnitzel option with lettuce & mayo on burger bun
- Bacon & Egg Roll** **4.50**
Healthy version of a classic favourite - Shortcut bacon, hard poached egg (not fried) on a roll
- Sausage Rolls** **4.00**
Pork Lean pork & vegetable sausage roll - GF +85c
Pumpkin & Ricotta Vegetarian option - GF + 85c
- Asian Noodle Salad** **5.50**
Vermicelli (rice) noodles, cucumber, avocado, grated carrot, spring onions and grilled chicken with a soy/sesame/ lime dressing. Adult serve available \$7.50
- Corn on the Cob** **2.00**
GF 2 pieces - garlic butter + 50c

Check out our weekly specials on QuickCliq!

Sandwiches & Wraps

Note: All bread comes buttered. Please specify for no butter. White & wholemeal bread and wraps available +\$1 for GF bread/wrap

	S/W	Wrap
Vegemite	2.50	3.50
Peanut Butter	2.50	3.50
Cheese	3.50	4.50
Egg, lettuce & mayo	4.00	5.00
Ham, cheese & tomato	4.50	5.50
Ham	3.50	4.50
Tuna, lettuce & mayo	4.50	5.50
Grilled Chicken	5.00	6.00
lettuce & mayo		
Chicken Schnitzel	5.00	6.00
lettuce & mayo		
Salad	4.00	5.00
Avocado, lettuce, tomato, cucumber, carrot, red onion		

Toasties

ALL Sandwiches & Wraps available as Toasties - just add \$1

- Add ons** **.50**
- Almond butter
- Garlic mayonnaise
- Mustard - Dijon or wholegrain
- Lettuce
- Tomato
- Cucumber
- Red onion
- Pickles
- Grated carrot
- Cheese
- Beetroot
- Tomato/BBQ/Chilli sauce

Avocado +\$1.50

Rice Paper Rolls (GF) **4.00**

Avocado, lettuce, carrot, cucumber & mint, Teriyaki Chicken or Prawn

Sushi (GF) **4.00**

Teriyaki Chicken, Tuna or Vegetarian

But wait..... there's more.....See over for our healthy snacks & drinks, counter sales selection, Breakfast menu & Birthday options.

OPEN Mondays & Wednesdays

Order online via QuickCliq.

Monday orders close Sunday 9pm / Wednesday orders close Tuesday 9pm



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For any further info, please call Yvonne 0421 709 887

Healthy Snacks

Veggie sticks with dip	3.00
Carrot and celery sticks with your choice of homemade dip, served with tomato and cucumber	
Avocado	
Hommus	
Yoghurt cups	4.00
Yoghurt (refined sugar free) with granola and honey. Vegan option + \$1 (vegan yoghurt & maple syrup)	
Fresh Fruit Salad	4.00
Add yoghurt + 70c / Honey + 50c / Vegan yoghurt + \$1	
Protein Balls	4.00
Vegan	

Healthy Drinks

Smoothies	4.00
Smoothies made with low fat milk & honey. Vegan option: Almond milk & maple syrup +\$1	
Banana	
Strawberry	
Raspberry	
Blueberry	
Passion fruit	
Mango	
Or a mix of any two of the above	
Coconut Water Frappes	4.00
No sugar./ syrups, just fresh fruit, herbs, coconut water & ice	
Pineapple & Mint	
Raspberry & Lime	
Strawberry & Watermelon	
Freshly Squeezed Juices	4.00
Watermelon	
Orange	
Apple	
Carrot & Orange	
Bottled Water	1.50

Over the Counter

Served at Lunch and Recess. Items regularly updated.
Prices range from \$1 to \$4

- Popper Juices
- Frozen Yoghurt
- Quelch Sticks
- Popcorn
- Protein Balls
- Milkshakes
- Fruit Salad

Breakfast Menu

Open on Canteen Days between 8.30am and 9am ONLY
Prices as per Canteen Menu

- Bacon & Egg Roll
- Toasties
- Fruit Salad & Yoghurt
- Protein Balls
- Fruit Smoothies
- Coconut Water Frappes
- Fresh Juice
- Cereal & low fat milk (3.00)

Birthday Party Options

Order a pack of birthday treats for your child's class.
Prices are individual serve = per child

Ice Cream Sundae	2.50
(GF) 2 scoops vanilla ice cream with chocolate/strawberry topping or hundreds & thousands. Ice Cream Sundae cups only available on Canteen Days. Vegan +\$2	
Choc Top Ice Cream	3.00
Vanilla, strawberry or chocolate topped cones dipped in quality Callebaut Belgian chocolate to form a crisp coated shell	
Homemade Wagon Wheels	2.50
GF +\$1	
Chocolate Brownies	2.50
GF +\$1	

SUTHERLAND SHIRE COOKING SCHOOL

Proud community partner of Taren Point Public School

