



HEALTHY FOOD MADE FUN

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## PASTA

Traditional Italian pasta at its best

Plain Pasta	(Gluten Free Option Available*)	\$3.30
Napolitana	(Gluten Free Option Available*)	\$4.00
Bolognese	(Gluten Free Option Available*)	\$4.50
Creamy cheese spirals	(Gluten Free Option Available*)	\$4.50
Beef Lasagna		\$5.50

\* Gluten Free Pasta \$1.00 extra, pastas topped with fresh parmesan cheese upon request

## PIZZA

Pizza bases made by us from scratch topped with house made sauce and mozzarella cheese that melts in your mouth

Choose from Margherita, Ham, Ham & Pineapple or Mushroom	\$4.00
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## VEGETARIAN

Vegetarian Lasagna	\$5.50
Vegetarian Wrap (house made veggie pattie, fresh tomato and lettuce)	\$4.50
Pizza- Mushroom	\$4.00
Vegetarian Sushi - Teriyaki Tofu & Cucumber rolls	\$4.40

## SALAD

Fresh garden salad- lettuce, tomato, carrot and cucumber (Option to add either chicken, hard boiled egg or cooked tuna for \$1.00 extra)	\$2.50
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## SUSHI

Fresh sushi nori rolls made daily to order available in; cooked tuna, cucumber, avocado, tuna/avocado, veggie roll or teriyaki chicken	\$3.80
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## LUNCHTIME FAVOURITES

Homemade Sausage Rolls with tomato sauce	\$4.00
Chicken Strip Wrap with lettuce and mayo	\$4.80
Chicken Strips (baked crumbed fresh chicken tenderloins)	\$4.00

**SANDWICHES** Made fresh to order each day we do not use butter unless requested

Plain	\$2.00
Vegemite or Jam	\$2.20
Cheese Sandwich	\$2.50
Chicken, Ham or tuna Sandwich	\$3.50
Salad Sandwich	\$4.00
Extras Cheese, Mayo, Lettuce, tomato or tortilla bread	\$0.50

Gluten Free Bread \$1.00 extra, Bread roll add .50c, we always use wholemeal bread unless otherwise requested

## SNACKS

Fresh air popped popcorn	\$1.00
Cheese & spinach tortilla	\$2.50
Cheese Tortilla	\$2.00
Garlic Tortilla	\$1.50
Snack Pack- fresh carrot and cucumber sticks served with crackers and	\$2.50

cheese	
Yoghurt Cup- Mixed Berry or Gluten Free Apple Muesli	\$1.50
Fresh Banana Bread	\$1.00
Fruit salad Cup	\$2.50
Apple Slinky	\$0.80
Fresh fruit piece- kiwifruit, orange or pear	\$1.00
Frozen Watermelon	\$ .50
Boiled Egg (hard boiled shell removed)	\$1.00
Frozen Grape Cup	\$1.00
Biscuit of the day (2 to a serve)	\$1.00
Muffin of the day	\$1.00
Home Made Strawberry jelly cup	\$1.50
Custard Pot (home made choc or vanilla custard)	\$2.00
Smooze Frozen Ice Block (Mango, Pink Guava and Pineapple)	\$1.50
Vanilla Rice Pudding	\$2.00
Frozen Juicie (100% fruit juice frozen- apple, tropical, orange or wildberry)	\$1.50

### DRINKS

Water (300ml)	\$1.00
Plain Milk (250ml)	\$1.00
Flavored Milk (250ml) with house made Chocolate or Strawberry	\$2.00
Nudie Kids 100% Fruit Juice- high fibre (250ml) Apple, Orange, Apple Blackcurrant or Tropical	\$2.00

Hi from The School Canteen,

We are a family business dedicated to supplying the best food possible specially catering to primary school canteens. We are a locally owned business and parents of primary school children. We are passionate about good food and setting healthy eating habits from an early age.

We believe in serving children freshly made tasty food every day and hope your family will enjoy the convenience of having access to healthy lunches each day with peace of mind our food is completely free of artificial flavouring, artificial preservatives, artificial colouring and just about anything else involved with highly processed food! We use minimize packaging wherever possible and all of our packaging is recyclable.

We use simple old-fashioned whole foods, real fruits and vegetables, fresh meats and dairy products. No weird additives, just food. We offer an extensive fresh menu each day including a variety of Vegetarian and Gluten free options.

Have a look around our website if you haven't already to find out a little more about us, browse our menu and have a read of our unique 'Food Philosophy' [www.theschoolcanteen.com.au](http://www.theschoolcanteen.com.au)

We offer an online ordering system which helps with busy schedules and is a great tool for planning and reviewing what your children are eating. The system allows you to place orders for a day or an entire term and is easily accessible on the go from your smart phone or the web. This service is provided by Flexi Schools and registration take a couple of minutes then you are ready to order ([www.flexischools.com.au](http://www.flexischools.com.au))

You can email us anytime if you have any questions you would like to ask or contact us directly on 0416 786 603 (Kirsty).

We look forward to serving your family with healthy lunch options.

Best Regards

**The School Canteen**