

TERM 4 - 2023

John XXIII Canteen

Winter Menu

Breakfast Menu - daily (8am - 8.30am)

Cereal Portion & 150ml milk (v) **\$3.50**

Toast - wholegrain & Gluten free on request
2 pieces with spread (D/F, V, G/F) **\$2.50**

Fresh baked bread roll with spreads (D/F, V) **\$2.50**

Plain Cheese Toastie (V) **\$2.50**

Ham & Cheese Toastie **\$3.00**

G/F Cheese/Ham & Cheese Toastie **\$4.00**

Baked

Muffin **\$3.00**

Gluten free Raspberry muffin **\$3.50**

Banana Bread (D/F, V) **\$2.50**

Gluten Free Banana Bread **\$3.50**

Hot Chocolate - 200ml (G/F, V) **\$2.50**



Drinks

Plain Milk - 225ml (G/F, V) **\$1.00**

Plain milk - 600ml (G/F, V) **\$2.00**

Flavoureds milk - small (300ml) (G/F, V) **\$2.80**

- large (600ml) (G/F, V) **\$3.80**

Fruit juice (100%) - Emma & Tomm(250ml) (G/F, D/F, V) **\$3.00**

- large (350ml) (G/F, D/F, V) **\$4.00**

Bottled water (600ml) (G/F, D/F, V) **\$2.00**

Liptons Iced tea (500ml)(G/F, D/F, V) **\$4.50**

Up and Go (V) **\$3.00**

Juice Bomb (G/F, D/F, V) **\$3.00**



Ice Cream

Quelch ice sticks / Nippies frozen juice cup)(D/F, G/F, V) **\$1.00**

Icey Pole (G/F, D/F, V) **\$1.60**

Paddlepop (V) **\$2.50**

Slushies (G/F, D/F, V) 200ml **\$2.00**

Snacks 100ml **\$1.00**

Veggi Chips / Popcorn (D/F,G/F,V) **\$2.00**

Whole fruit piece (D/F,G/F,V) **\$1.00**

Yoghurt (175g) (G/F, V) **\$2.20**

Fresh fruit salad (D/F, G/F, V) **\$3.50**

Cheese & Biscuits **\$3.50**



WEEKLY LUNCHEON MENU

(Sorry - no variations to meals)

Avoid queues & time by ordering on-line

Subject to Supplier availability, occasionally items may need to be substituted for other menu items.

Year 7-12 can order their lunch in the morning for pick up at lunchtime.

Sushi Available Every Day - 8 piece
- 5 piece

\$ 8.00 G/F extra

\$6.00

AVAILABLE DAILY AT LUNCH

Focaccia (Pizza Slice)

Bacon and Cheese

Salad Box D/F, G/F, V on request

includes fork, bread and dressing

Baby spinach, lettuce, Tomato, Carrot, Capsicum & Cucumber

Add on - chicken/Ham/Olives/Sundried Tomato/Shredded Cheese/Egg

Burrito

Chicken or Vegetable G/F on request \$1.50 extra

Pasta / Easy meals

Chicken Fried Rice / Beef Lasagne /Mac & Cheese/

Spaghetti & Meatballs - 200g

G /F Mac & Cheese - 200g

G/F beef Lasagne

Burgers

Chicken / Fish / Beef / Vegetable

(must include Salad)

Snacks

Veggi Chips / Popcorn (D/F,G/F,V)

Whole fruit piece (D/F,G/F,V)

Yoghurt (175g) (G/F, V)

Fresh fruit salad (D/F, G/F, V)

Cheese & Biscuits

Tomato sauce / margarine portion

Monday

Pizza Single - Ham and Cheese

\$3.30

Nacho's with sour cream (G/F, V) - D/F on request

\$6.50

Tuesday

Mrs. Macs Good Eating Beef Pie

\$4.20

Mrs. Good Eating Sausage Roll

\$3.80

G/F Beef or Chicken Pie

\$6.00

Crispy Chicken Sub

\$6.80

Wednesday

BLT Pasta salad

\$6.80

Hot Dog with or without sauce

\$3.80

Thursday

Mrs. Macs Good Eating Beef Pie

\$4.20

Mrs. Good Eating Sausage Roll

\$3.80

G/F Beef or Chicken Pie

\$6.00

Vietnamese Noodle Salad

\$6.50

Friday

Hot Dog with or without sauce

\$3.80

Pizza Single - Ham and Cheese

\$3.30

Mrs. Good Eating Sausage Roll

\$3.80



\$3.30

\$6.00

\$1.00

\$5.00

\$5.00

\$5.80

\$5.80

\$6.20

\$ 2.00

\$ 1.00

\$ 2.20

\$ 3.50

\$ 3.50

\$ 0.40

Recess

Plain Cheesie Round (V)	\$2.00	Garlic Bread	\$2.00	muffin	\$3.00
Hash Browns (D/F, V)	\$1.40	Mini Chicken Wrap	\$2.50	Banana Bread (D/F, V)	\$2.00
Chicken Strips (D/F)	\$1.40	Gluten Free Banana Bread (V)	\$3.50	Gluten Free Raspberry	
		Veggi Chips/Popcorn (D/F,G/F,V)	\$2.00	Muffin (D/F, V)	\$3.50

Sandwiches / Rolls (available every lunchtime) Wholegrain and Gluten Free available on request.

G/F \$1.50 extra	Sandwich	Roll	G/F \$1.50 extra	
Vegemite	\$2.00	\$2.50	<u>Extra's - available for rolls, sandwiches & salads</u>	
Salad (carrot/lettuce/tom/cucum)	\$3.50	\$4.00	Olives	\$1.20
Cheese & salad	\$4.50	\$5.00	Cheddar cheese (sliced or shredded)	\$1.20
Curried Egg / Egg mayo & lettuce	\$5.00	\$5.50	Avocado	\$1.50
Chicken & salad	\$5.00	\$5.50	Beetroot	\$1.50
Tuna & salad	\$5.00	\$5.50	Egg	\$1.50
Ham & salad	\$5.00	\$5.50	Roast Chicken meat	\$1.80
Egg & salad	\$5.00	\$6.00	Tuna / Leg ham	\$1.80
Ham only	\$3.00	\$3.50	Gluten Free bread / wrap / roll	\$1.50
Cheese only	\$3.50	\$4.00		
Chicken only	\$4.00	\$4.50		
Chicken, avo & mayo	\$5.50	\$6.00	Tomato sauce / margarine portion	\$0.40



All sandwiches & rolls are made without margarine unless requested.

Lebanese Wraps G/F \$1.50 extra

	Whole
Ham & Salad	\$6.00
Cheese & Salad	\$5.50
Chicken & Salad	\$6.00
Chicken, avo & mayo	\$6.00

