

TERM 4 - 2022

John xxiii Canteen

Summer 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

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) \$4.20

Fruit juice (100%) - small, popper (250ml) (G/F, D/F, V) \$2.00

- large (350ml) (G/F, D/F, V) \$3.40

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

Chill Iced Tea (250ml)(G/F, D/F, V) \$2.50

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

Bulla light cup / Paddlepop (V) \$2.00

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) \$3.80

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

Monday

Pizza Single - Ham and Cheese

\$3.30

Hot Croissant with ham & cheese

\$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

Caesar Noodle salad

\$6.50

Wednesday

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

\$6.50

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

AVAILABLE DAILY AT LUNCH

Foccacia (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

\$3.30

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

\$6.00

Burrito

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

\$1.00

Pasta / Easy meals

Chicken Fried Rice / Beef Lasagne /Mac & Cheese/

Spaghetti & Meatballs - 200g

\$5.00

G /F Mac & Cheese - 200g

\$5.80

G/F beef Lasagne

\$5.80

Burgers

Chicken / Fish / Beef / Vegetable

\$6.20

(must include Salad)

Crudite & Dip (Cucumber, Carrot, Celery & tomato)(V,G/F)

\$3.00

Snacks

\$3.50

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)

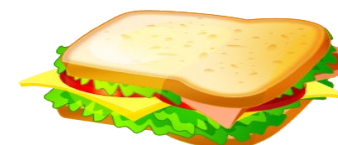
\$ 3.80

Cheese & Biscuits

\$ 3.50

Tomato sauce / margarine portion

\$ 0.40



Recess

Plain Cheesie Round (V)	\$2.00	Garlic Bread	\$1.40		
Hash Browns (D/F, V)	\$1.40	Mini Chicken Wrap	\$2.50	Banana Bread (D/F, V)	\$2.00
Yummie Drummies (D/F)	\$1.40	Gluten Free Banana Bread (V)	\$3.50	Gluten Free Raspberry	
Chicken Strips (D/F)		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	Extra's - available for rolls, sandwiches & salads	
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

