**Canteen Price List**

Prices effective from January 2016

### Pasta Dishes
- Penne Carbonara: $5.00
- Penne Bolognese: $5.00
- Vegetarian Shells: $4.00
- Beef Lasagne: $5.00
- Vegetarian Lasagne: $5.00

### Rice Dishes
- Vegetarian Fried Rice: $3.50
- Special Fried Rice: $4.00
- Steamed Rice with Asian Greens: $4.50

### Other Meals
- Roast Meat with Roast vegetables: $5.50
- Singapore Noodles: $5.00
- Baked Potato with Toppings: $4.50

Many more varieties will be available during the course of the year such as curries and casseroles. Also Yiros

### Drinks

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>600ml Water</td>
<td>$2.50</td>
</tr>
<tr>
<td>600ml Plain Milk</td>
<td>$2.30</td>
</tr>
<tr>
<td>375ml Plain milk</td>
<td>$1.70</td>
</tr>
<tr>
<td>300ml Plain Milk</td>
<td>$1.20</td>
</tr>
</tbody>
</table>

###drs

<table>
<thead>
<tr>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>600ml Flavoured Milk</td>
<td>$4.00</td>
</tr>
<tr>
<td>375ml Flavoured Milk</td>
<td>$3.50</td>
</tr>
<tr>
<td>300ml Flavoured Milk</td>
<td>$2.80</td>
</tr>
<tr>
<td>Up and Go Milk</td>
<td>$2.50</td>
</tr>
<tr>
<td>Just Juice</td>
<td>$2.00</td>
</tr>
<tr>
<td>Fruit Juice 200ml</td>
<td>$2.50</td>
</tr>
<tr>
<td>Fruit Juice 350ml</td>
<td>$3.20</td>
</tr>
<tr>
<td>Fruit Juice 500ml</td>
<td>$3.70</td>
</tr>
</tbody>
</table>

### Ice Creams
Selection of approved ices available from canteen

- **Slushies**
  - Fruit Juice: small $2.00, large $3.50

- **Crisps**
  - Red Rock Potato Crisps 28gm: $1.80
  - Vegemite Chips 27gm: $1.80

### Miscellaneous

- **Breakfast**
  - Available from 8.00am
    - Cereal and Milk, Full Cream or Skim: $2.50
    - Bacon and Egg Roll: $4.00
    - Bacon and Egg Muffin: $4.00
    - Scrambled Egg Wrap: $4.80
    - Egg Bacon & Sausage Wrap & Hash Brown: $5.00
    - Croissant Ham & Cheese: $4.00

- **Other Snacks**
  - such as Dino Siers Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets will be available on a rotating basis from time to time.

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Check the school Bulletin and other Canteen Notice Boards for daily specials
Sandwiches & Wraps
White/wholemeal/Multigrain

Ingredients
Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado with Cranberry, Mustard, Mayo & Roast Vegetables.

Sandwiches $4.00
Rolls $4.50
Wraps Half $3.50
Wraps Whole $6.00
Focaccia Grilled $6.00

Salads Small Large
Pasta & Rice Salad $4.50 $6.00
Chicken Caesar $4.50 $6.00
Greek Salad $4.50 $6.00
Thai Salad $4.50 $6.00
Tuna Salad $4.50 $6.00
Beef Salad $4.50 $6.00

Fresh Fruit (whole) $1.20
Fruit Salad small $3.80
Fruit Salad large $4.50
Yoghurt $2.50
Jelly $1.80

Metropolitan Canteens
Prices effective from January 2015

From our Resident Nutritionist Stephanie Wearn
From BodygoodFood
Web: www.bodygoodfood.com.au

Berry & Oat Muffins $3.00
Banana & Coconut Bread (Homemade) $3.50
Corn & Devon Fritters $3.00
Quinoa Salad $5.00
Vietnamese Chicken Salad $5.50
Roast Beef Wrap with spinach, Relish $6.00
Red Onion & Mustard $6.00
Mexican Bean Pots with guacamole, Sour Cream & Cheese $5.00
Muesli Slice (Homemade) $3.50
Energy Balls (Homemade) $2.00
Rice Paper Rolls (2 medium) $3.50
Sushi variety $3.00ea

THE BAKERY
All made on site (low fat)

Cookies $2.50
Muffins Medium $2.50
Muffins Mega $4.00
Slices Commercial $4.00
Slices Homemade $3.50

THE BAKERY Continued

All made on site (low fat)

Sausage Rolls $3.50
Spinach & Ricotta Rolls $4.00
Quiche $3.50
Pasties $3.50
Pies $3.50
Pies Commercial $4.20

Croissant $3.00
Croissant Ham & Cheese $4.00
Croissant Cheese & Tomato $5.50

Burgers & Buns

Chicken Schnitzel $5.00
Grilled Chicken $5.00
Cheeseburger $4.00
Beef $5.00
Hot Roast Beef & Gravy $5.00
Vegetarian Burger $4.50
Fish Fillet Burger $5.00
Hot Dogs Plain with sauce $3.30
Hot Dogs with Cheese & Sauce $3.60