

St Augustine's School

CANTEEN MENU 2019

EFFECTIVE MONDAY 25 FEBRUARY, 2019

Use our colour coded nutrition guide to make healthy choices:



most nutritional value



limited nutritional value

Sandwiches (White, Wholemeal or Multi-grain)

● Chicken & Salad	5.50
● Leg Ham & Salad	5.50
● Salad	4.50
● Leg Ham	4.00
● Chicken (Fresh)	4.00
● Tuna	3.80
● Egg & Lettuce	3.40
● Egg	3.00
● Avocado	3.00
● Cheese	2.50
● Peanut Butter	2.00
● Vegemite	2.00
● Honey	2.00
Extra filling (each)	.30
Extra filling – Avocado, Egg	.50
Mayonnaise, tomato sauce, pickles	.20

ROLLS are 40c EXTRA

BUTTERED ROLL	1.10
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Toasties

● Cheese	3.00
● Spaghetti	3.00
● Cheese & tomato	3.30
● Ham & cheese	4.70
● Ham, cheese & tomato	5.00
● Chicken, cheese & avocado	5.00

Wraps

● Plain Salad (1/2 wrap \$3.00)	4.50
● Chicken or Ham with Salad (1/2 wrap \$3.50)	5.50

Container of Salad

● Salad only	4.50
● with Chicken OR Ham	5.50

Hot Food

● Pies	4.00
● Party Pies (2 pack)	2.80
● Sausage Roll	2.80
● Sauce portion	.20
● Lasagne	4.00

Chicken Breast Royale or Vegie Burger

● On a roll	3.50
● On a roll with mayo	3.60
● On a roll with lettuce	3.90
● On a roll with lettuce & mayo	4.00
● On a roll with full salad	5.50

Snacks

● Popcorn (no cholesterol or gluten)	.60
● Choc Chip Cookie (low fat)	.80

Milk

● Chocolate or Strawberry - large	2.60
● Chocolate or Strawberry - small	2.20
● Plain milk – 150ml bottle	1.00

Bottled Water

1.80

Sun Pac Cups (Liquid or Frozen)

● Apple or Orange	1.00
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Poppa's Pure Juice (250ml)

● Apple or Orange	1.80
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Frozen Yoghurt

● Mango or Strawberry	2.50
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Fresh Fruit

● Seasonal fruit including orange, apple, grapes, banana, strawberries, watermelon	1.00
● Fruit Salad Tubs	3.00
● Fruit Kebab	2.00

Sushi Wednesday

(Only available as a pre-order Tuesdays)

Large single rolls	4.00
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● Chicken Teriyaki & Avocado roll	
● Tuna & cucumber roll	

Container of 6 small sushi pieces	4.00
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● Avocado	
● Cucumber	
● Chicken Teriyaki	

Frozen Items

(Only available directly from the canteen)

● Frozen Fruity Bites	.20
● Fruity Yoghurt Pop	.60
● Quelch 99% fruit juice sticks	.60
● Calippo	1.00
● Low-fat ice cream cups	1.00
● Icy Poles	1.50
● Moosies – Chocolate or Strawberry	1.20

Lunchtime: 10:55am until 11:40am Afternoon Recess: 1:40pm until 2:00pm

LUNCH ORDERS

Please write all lunch orders on a lunch paper bag, not an envelope

FROZEN ITEMS

Please don't order frozen items with lunch orders. These can be bought after the 2nd bell

HOT FOOD

is not to be ordered for recess

YEARS K-2

who order afternoon recess will have it delivered to their classroom by 1:40pm

SPECIALS

Watch for our canteen specials on Facebook