

# St Augustine's School

## CANTEEN MENU 2022

EFFECTIVE MONDAY 7 MARCH, 2022

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	4.00
● Egg & Lettuce	3.50
● Egg	3.00
● Avocado	3.00
● Cheese	2.70
● Peanut Butter	2.50
● Vegemite	2.50
● Honey	2.50
Extra filling (each)	.40
Extra filling – Avocado, Egg	.50
Mayonnaise, tomato sauce, pickles	.30

ROLLS are 40c EXTRA

BUTTERED ROLL 1.10

### Toasties

● Cheese	3.00
● Spaghetti or Baked Beans	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	4.50
● Party Pies (2 pack)	3.00
● Sausage Roll	3.20
● Sauce portion	.30
● Lasagne	4.50

### Chicken Breast Royale or Vegie Burger

● On a roll	3.60
● On a roll with mayo	3.70
● On a roll with lettuce	4.00
● On a roll with lettuce & mayo	4.20
● On a roll with full salad	6.00

### Snacks

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

### Milk

● Chocolate or Strawberry - 250ml	2.40
● Plain milk – 150ml	1.20

### Bottled Water

1.80

### Sun Pac Cups

● Apple & Black Currant	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	2.60
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### Fresh Fruit

● Seasonal fruit including orange, apple, grapes, banana, strawberries, watermelon	1.20
● Fruit Salad Tubs	3.50

### Sushi Wednesday

( Only available as a pre-order Tuesdays )

Large single rolls 4.50

● Chicken Teriyaki & Avocado roll	
● Tuna & cucumber roll	

Container of 6 small sushi pieces 4.20

● 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
● Juicies	1.20
● Moosies ( half .60 )	1.20
● Low-fat ice cream cups	1.00
● Icy Poles	1.50

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