



# Canteen Menu

All recess and lunch orders are to be placed using Flexischools  
[www.flexischools.com.au](http://www.flexischools.com.au)

Open Wednesday, Thursday, Friday

Snacks, drinks and frozen treats may be ordered over the counter.

## HOT FOOD

Pasta	small \$4.50 / large \$6.00 ●
Penne pasta with bolognaise sauce (hm) (available gf)	
Penne pasta with homemade tomato sauce (v) (hm) (available gf)	
Beef ravioli with homemade tomato sauce (hm)	
Ricotta & spinach ravioli with homemade tomato sauce (v)(hm)	
Homemade macaroni n cheese (v) (hm)	
Gluten free penne pasta	\$1.00 extra
Homemade pizza	
(ham n cheese●, ham n pineapple● or cheese●)(hm)	\$2.80 ●●
Mini pizza roll	\$1.20 ●
Homemade beef burger (hm)	\$4.00 ●
Homemade beef burger with lettuce & tomato (hm)	\$4.50 ●
<b>Build your own.....</b>	
Chicken burger	\$4.20 ●
+ lettuce and tomato, Cheese	\$0.50 each
Chicken nuggets (3 pack)	\$2.40 ●
Cruizer pie	\$4.20 ●
Sausage roll	\$3.00 ●
Hot cheese roll (v) (hm)	\$2.50 ●
Garlic bread (hm)	\$1.20 ●
Corn cob	\$1.00 ●
Boiled egg	\$1.10 ●
Tomato sauce, Mayo	\$0.30

## FROZEN TREATS

Quelch sticks	\$0.50 ●
Juicies (Blackcurrant, Tropical)	\$1.10 ●
Twisted Frozen Yoghurt (gf)	\$2.00 ●
- Strawberry/Vanilla Bean	
- Watermelon/Mango	
Paddle Pop (Chocolate or Rainbow)	\$1.50 ●
Slushies (made from apple juice concentrate)	\$2.00 ●
Frozen Seasonal Fruit	\$0.80 ●
Frozen Grapes	\$0.70 ●

## DRINKS

Water	\$1.80 ●
Plain milk (full fat)	\$1.80 ●
Milk with Sipahh straw (chocolate or strawberry)	\$2.00 ●
Just Juice - Apple 200ml	\$1.50 ●
Juice Bomb (100% sparkling fruit juice) Watermelon	\$2.00 ●

## SANDWICHES / ROLLS / WRAPS / SALADS

### Build your own....

Sliced bread (white or wholemeal)	
Vegemite	\$1.70 ●
Cheese	\$2.20 ●
Ham	\$2.80 ●
Egg	\$2.80 ●
Roast chicken / Tuna	\$3.30 ●
Salad (carrot, lettuce, cucumber, tomato, beetroot)	\$2.80 ●

### Extras:

+ salad	
(carrot, lettuce, cucumber, tomato, beetroot)	\$0.30 each
+ cheese	\$0.50
+ mayo, tomato sauce	\$0.30
Bread roll (white or wholemeal)	\$0.60 extra
Wraps	\$0.80 extra

### Salad

	small \$4.00 / large \$5.50 ●
Greek salad (with feta)	
Chicken caesar salad	

## SNACK ATTACK – Available at recess and lunch

Apple slinky	\$1.00 ●
Fruit salad cup / with yoghurt	\$1.80 / \$2.20 ●
Yoghurt cup with muesli	\$2.20 ●
Veggie sticks (carrots and cucumbers)	\$0.70 ●
Veggie sticks with hummus	\$1.20 ●
Corn cob *	\$1.00 ●
Garlic bread (hm)*	\$1.20 ●
Raisin toast *	\$1.10 ●
Mini pizza roll (v)(hm) *	\$1.20 ●

### Build your own.....

Toastie *	\$2.00 ●
+ Ham	\$0.80 each
+ Cheese	\$0.50 each
+ Tomato	\$0.30 each
Jatz minis (pack of 8)	\$0.50 ●
Munchables Tasty Cheese & Crackers	\$2.00 ●
Homemade banana bread (80g) (hm)	\$1.20 ●
Red Rock Deli Chips - Original	\$1.30 ●
Popcorn (Koala brand)	\$1.30 ●

*Must be pre-ordered for recess \**

## LUNCH SPECIALS

\$6.60

### Wednesday Pasta Day

Select from homemade bolognaise, ravioli or mac n cheese  
homemade Garlic Bread and Drink \*

\* Select one drink from the drinks menu

\$6.00

### Thursday Sushi Day

Sushi Roll (select from teriyaki chicken, tuna, avocado or cucumber)

Apple and Drink \*

Sushi also sold individually at \$3.30 each  
Ordered from Kyoto Emporium

Email: [canteen@tspspandc.org.au](mailto:canteen@tspspandc.org.au)

v – vegetarian option    gf – gluten free    hm – home made  
Green ● – healthy every day eating    Amber ● – occasional eating (twice a week)