



SSPS CANTEEN MENU JULY 2009



SANDWICHES/ ROLLS (add 40c extra)

	Price
Buttered roll90
Vegemite/Strawberry Jam	1.70
Cheese/Egg/Tomato	2.40
Tuna/Chicken/Salami/Smoked Ham	2.80
Salad (lettuce, tomato, grated carrot & cucumber)	2.80
Omlette or boiled egg with parsley/cheese/tomato or ham	2.80
Tuna/Chicken/Salami/Smoked Ham with :	
Cheese, mayo & lettuce	3.30
Mayo, avocado & celery	3.30
Avocado & cucumber	3.30
Salad	3.60
Falafel & hummus	2.80
Falafel, hommus, semi-dried tomato, rocket & parsley	3.00
Chicken tenderloin - lettuce, tomato, cucumber	3.50
Chicken tenderloin - lettuce, sweet chilli sauce	3.50
BLT - bacon, lettuce, tomato	3.50
Grated carrot, cheese & lettuce	2.70
Philadelphia cream cheese & salad/Philadelphia cream cheese & dates.....	3.30
Vegemite & cheese	2.50
Banana & honey	2.50
Avocado, swiss cheese, sweet chilli, lettuce	2.80
Add: avocado, mayo, hommus, tzatziki, gherkin, celery, tomato, carrot, beetroot, chutney20 (each)
Or be creative, design your own	

MINI PLATTER

Rice crackers, carrot, celery, capsicum, cucumber with hommus or tzatziki (please specify which dip you want) ..	4.50
Mini platter with falafel	5.00

**SALADS

Honey chicken (baked breast brushed with honey, soy, lemon, garlic & ginger)	5.00 (each)
Tandoori chicken (pan fried marinated in tandoori sauce served with tzatziki)	
All salads served with : iceberg lettuce, tomato, carrot, cucumber & red capsicum	

**FROM THE OVEN (Homemade)

MONDAY

Penne/fusilli with Napolitano sauce & cheese	4.40
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TUESDAY

Baked potato with sour cream and chives	2.80
Baked potato with baked beans	2.80

WEDNESDAY

Honey soy chicken breast served on a bed of rice	4.50
Tandoori chicken breast served on a bed of rice	4.50

THURSDAY

Pumpkin soup served with a dinner roll	4.40
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FRIDAY

Tadka Dahl served with rice, yoghurt and diced tomato	4.40
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*****Please provide your own clean container and fork - clearly labelled with name and area or pay an extra 50 cents and the canteen will provide container and fork.*****

	Price
FROM THE OVEN	
Chicken tenderloins	1.20
Shepherds pie	2.70
Party pie	1.00
Meat pie	2.40
Chicken & vegetable pie	2.60
Ham & pineapple pizza	2.20
Cheese & tomato pizza	2.80
Sausage roll	1.70
Pastizzi - spinach & ricotta	1.00
Calzone - spinach and ricotta or roast vegetable	4.00
SALADA BISCUITS (2 large biscuits)	
Vegemite	1.20
Cheese	1.60
Cheese & vegemite	1.70
Cheese & tomato	1.80
SNACKS FOR EVERYDAY	
Fruit (apples/oranges, bananas, pears and other seasonal fruit)80
5Cs (cheese/carrot/celery/cucumber/capsicum)	1.20
Boiled egg - free range80
Sultanas90
French vanilla lite yoghurt with frozen berries	1.00
Banana muffin	1.00
Raspberry muffin	1.00
Bag of dried apricots, banana chips, apple rings and sultanas50
OCCASIONAL TREATS	
Red rock chips (original or honey soy chicken)	1.10
Popcorn	1.10
School strap 99% real frit no added sugar70
Gingerbread bears	1.2 0
DRINKS	
100% Just Juice 200ml tetra - Apple/orange/apple & blackcurrant /paradise punch	1.10
Berri 300ml plastic screw top - Apple/Apple & blackcurrant/Multi V	1.60
Big M 250ml tetra - Chocolate/strawberry	1.50
Summit bottled spring water 350 ml	1.00
FROZEN	
Yoghurt - strawberry/fruit salad	1.40
Paddle pop lemonade90
Paddle pop chocolate or rainbow.....	1.20
Pine/Lime Splice	2.00
Quelch - 99% fruit juice60

CLEARLY LABEL BOTH HOT & COLD BAGS WITH CHILD'S NAME, AREA, FOOD, PRICE, TOTAL & INDICATE IF CHANGE IS NEEDED. FOR HYGIENE PURPOSES MONEY MUST BE WRAPPED.

ATTENTION: IF YOUR CHILD HAS A FOOD ALLERGY "ALLERGY ALERT" MUST BE WRITTEN ON ALL LUNCH ORDER BAGS

**PAPER BAGS FROM SCHOOL 10c EACH
ORDERS MUST BE IN BY 9.30AM - NO CREDIT WILL BE GIVEN**

If insufficient money is enclosed an item will be deleted or a cheaper item substituted if possible.