

## SANDWICHES (WHOLEMEAL BREAD ONLY)

- ✓ Jam, Vegemite, Ham or Cheese (LF).....\$2.00
- ✓ Ham and Cheese (LF).....\$3.00
- ✓ Ham, Cheese and Tomato (LF).....\$3.50
- ✓ Egg and Lettuce.....\$3.00
- ✓ Salad.....\$4.00
- ✓ Ham, Chicken or Tuna Salad.....\$5.00
- ✓ Tuna.....\$3.00
- ✓ Tuna and Cheese (LF).....\$3.50

## WRAPS

- ✓ Ham, Chicken or Tuna Salad (GF) (LF).....\$5.50  
1/2 Serve...\$4.50
- ✓ Salad (GF) (LF).....\$4.50  
1/2 Serve...\$4.00

## SALAD BOX

- ✓ Ham, Chicken, Tuna or Egg Salad (GF) (LF).....\$5.00

## DRINKS

- ✓ Plain Milk .....\$1.50
- ✓ Bottled Water.....\$1.50
- ✓ Hot Milo.....\$2.00
- ✓ Just Juice Popper  
*Orange & Mango or Apple Blackcurrant*.....\$2.00
- ✓ Chill J Sparkling Fruit Juice.  
*Watermelon or Apple Blackcurrant*.....\$2.50
- ✓ Moove 300ml  
*Chocolate or Strawberry*.....\$2.50
- ✓ Nippy 250ml  
*Honeycomb*.....\$2.50

## HOT FOODS

- ✓ Pasta Bolognaise *Homemade* (GF)(LF).....\$4.00
- ✓ Chicken, Cheese and Mayo Sub (LF).....\$4.50
- ✓ Toasted Ham, Cheese & Tomato Sandwich (GF)(LF).....\$3.50
- ✓ Toasted Cheese & Tomato Sandwich (GF)(LF)....\$3.00
- ✓ Toasted Cheese Sandwich (GF) (LF).....\$2.00
- ✓ Corn Cob.....\$1.00
- Wild Ryes Sausage Roll 120g .....\$3.50
- Tender Wrap *Chicken tender, lettuce, tomato and carrot with mayo*.....\$4.00
- Chicken or Beef 2 Minute Noodles.....\$2.00
- Chicken Dino's 3 in a serve.....\$2.00

### Wednesday -

- ✓ English Muffin Pizza  
*Ham, Cheese & Pineapple. 2 in a serve* (GF)(LF).....\$3.00

### Thursday -

- Beef Nachos  
*Corn chips, Cheese, Lettuce, Tomato & Sour Cream* (GF)(LF).....\$5.50

### Friday -

- Chicken Burger  
*Crumbed chicken patty, Lettuce, Tomato, Cheese & Mayo* (LF).....\$4.50
- ✓ Hamburger  
*Homemade beef patty, Lettuce, Tomato, Beetroot, Cheese & Tomato sauce* (LF).....\$4.50
- ✓ Cheese Burger  
*Homemade beef patty, Cheese & Tomato sauce* (LF).....\$4.00

- ✓ Everyday Foods ● Occasional Foods

## TASTY RECESS SNACKS

- ✓ Pizza Roll ups .....\$1.00
- ✓ Seasonal Fruit.....\$1.00
- ✓ Popcorn bags *freshly popped*.....\$1.00
- ✓ Cheese sticks.....\$1.00
- ✓ Pancakes..... 20c ea
- ✓ Garlic and herb bread.....\$1.00
- ✓ Fruit Cups *two fruits in juice*.....\$1.00
- ✓ Fruit and Custard Cup.....\$1.00
- ✓ Custard Cup.....\$1.00
- Jelly Cup *red or green diet jelly*.....\$1.00
- Jelly and Custard Cup.....\$1.00
- Cookie *homemade*..... 50c ea

## ICE BLOCKS

- ✓ Small Patty  
*Apple Blackcurrant or Pineapple*..... 20cea
- ✓ Large Patty  
*Apple Blackcurrant or Pineapple*..... 50c ea
- ✓ Quelch Sticks 4 flavours.....\$1.00
- ✓ Apple and Blackcurrant Juice *ABC Cup*.....\$1.00
- ✓ Paddle Pop *Rainbow*.....\$1.50

## MISCELLANEOUS

- Lunch bags..... .05c ea
- Tomato Sauce tub..... .50c ea
- BBQ Sauce tub..... .50c ea

### Crunch and sip combo!

Vegie sticks or piece of fruit and a bottle of water \$2.50

EPS  
CANTEEN

MENU  
2021

PLEASE PLACE  
YOUR ONLINE  
ORDERS BY  
8.30AM, OR DROP  
YOUR LUNCH  
ORDERS TO THE  
CANTEEN BY  
9.00AM

GLUTEN FREE AND  
LACTOSE FREE  
OPTIONS ARE  
MARKED. PLEASE  
INDICATE GF OR LF  
WHEN ORDERING.

YOUR SCHOOL  
CANTEEN IS A P&C  
COMMITTEE RUN  
PROJECT  
PROVIDING  
NUTRITIOUS AND  
HEALTHY FOOD TO  
OUR STUDENTS



TO ORDER ONLINE PLEASE CREATE YOUR ACCOUNT AT [WWW.MYSCHOOLCONNECT.COM.AU](http://WWW.MYSCHOOLCONNECT.COM.AU), AND DOWNLOAD THE APP.