



**Canteen Days**

Junior School – Friday  
Middle School – Monday, Wednesday, Friday  
Senior School – Tuesday, Thursday, Friday

**Order bags available from canteen for 10 cents. Please enclose correct money. Ensure your name and homeroom is on the bag.**

## Green Foods are Great Foods

**HOT FOODS**

Corn Cob	\$1.00
Vegetarian Lasagna (300g)	\$5.00
Vegetarian Lasagna (200g)	\$4.00
Fried Rice (250g) <b>(GF)</b>	\$4.00

<b>Sushi (Friday Only)</b>	\$2.50
Tuna, Vegie, <b>(GF)</b>	
Chicken/Avocado, Californian Roll	

**SNACKS**

Fresh Fruit - apple or banana	\$1.00 ea
Carrot Stick or Celery Stick bundles	\$0.50 ea
<b>* Yoghurt low fat FROZEN (GF)</b>	<b>\$2.00</b>
Yoghurt low fat FROZEN	\$1.50
Yoghurt low fat FRESH <b>(GF)</b>	\$2.00
Fruit Salad in Tub (in season)	\$2.50/\$3.50

**DRINKS**

Water	\$2.00 (600ml)
Oak Milk—Chocolate, Strawberry	\$2.50 (300ml)

**SANDWICHES & ROLLS**

	Sandwiches	Roll
Vegemite	\$2.00	\$2.50
Cheese	\$2.00	\$2.50
Ham	\$3.00	\$3.50
Egg & Lettuce or Tuna	\$3.00	\$3.50
Roast Chicken	\$3.00	\$3.50
Salad	\$3.50	\$4.00
Chicken & Salad	\$4.00	\$4.50
Ham & Salad	\$4.00	\$4.50

**Multi grain** bread used unless other bread type requested

**WRAPS**

Sweet Chilli & Chicken Salad	\$4.00
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**SALADS IN TUB**

	Small	Large
Salad <b>(GF)</b>	\$3.50	\$4.50
Salad with Chicken <b>(GF)</b>	\$4.00	\$5.00
Salad with Ham	\$4.00	\$5.00
Salad with Tuna	\$4.00	\$5.00

## Amber Foods are ok, but Not Everyday

**HOT FOODS**

Chicken or Fish Burger (w/mayo & lettuce)	\$4.00
Chicken/Fish (w/mayo & salad)	\$4.50
Meat Lasagna (200g)	\$4.00
Spaghetti Bolognese (200g)	\$4.00
<b>* Spaghetti Bolognese (200g) GF</b>	<b>\$4.50</b>
<b>* Party Egg &amp; Bacon Quiche</b>	<b>\$1.50</b> ea
Party Pies	\$1.50 ea
Dim Sims	\$1.00 ea
Vegie Sausage Roll	\$4.00
Vegie Burger (w/mayo & lettuce)	\$4.50
Vegie Burger & Salad	\$5.00
Hot Chicken Roll & mayo	\$4.00
Ham and Pineapple Pizza	\$3.00
Hot Dog & sauce	\$3.50
Vegetable Samosa (limit 2)	\$0.50 ea
Shepherds Pie (200g) <b>GF</b>	\$4.00
Shepherds Pie (300g) <b>GF</b>	\$5.00
<b>* Macaroni Cheese (200g)</b>	<b>\$4.00</b>

**DRINKS**

Iced Tea	\$3.50	(500 ml)
GLEE—Fruit Juice Can	\$2.50	(275ml)
Just Juice Fruit box	\$1.50	(250ml)
Fruit Juice Bottle (apple or orange)	\$3.00	(350ml)

**SNACKS**

Dried apricots	\$0.10	ea
Dried apples	\$0.20	ea
Jelly Cup with grapes	\$1.00	
Popcorn or Grain Waves	\$1.50	
Vegie Snacks <b>GF</b>	\$1.50	
Red Rock Deli Chips	\$1.50	
Coffee or Apple Scroll	\$3.00	
Muffin <i>Choc chip, Apple &amp; Cinnamon</i>	\$2.50	
Choc chip cookies (3 for \$2.00)	\$0.70	ea
Buttered Roll	\$1.50	
Ice Cream Tubs <b>GF (buy from canteen window)</b>	\$1.50	
Icy Poles <b>(buy from canteen window)</b>	\$1.00 -	\$2.00

Please note price changes

**New Menu Items  
Highlighted in RED**

If parents are available to assist in the canteen it would be greatly appreciated.  
Contact **Mrs. Heather Smith** on **0409 137 661/h.smith@ccg.vic.edu.au** for further details.