**CANTENE MENU**
Term 1, 2017 (Open Wednesday, Thursday, Friday)

### MEAL DEALS (Saves 40-70 cents)
(please indicate flavoured drink)

#### HEALTHY MEAL DEAL

<table>
<thead>
<tr>
<th>Item</th>
<th>Flavour</th>
<th>Dessert</th>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Wrap</td>
<td>600ml</td>
<td>apple</td>
<td>apple</td>
<td>$5.50</td>
</tr>
<tr>
<td>Meat Pie</td>
<td>Just juice</td>
<td>apple</td>
<td></td>
<td>$6.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>Just Juice</td>
<td>apple</td>
<td></td>
<td>$6.00</td>
</tr>
<tr>
<td>Hot dog</td>
<td>Big M</td>
<td>apple</td>
<td></td>
<td>$6.50</td>
</tr>
</tbody>
</table>

#### ITALIAN MEAL DEAL

<table>
<thead>
<tr>
<th>Item</th>
<th>Flavour</th>
<th>Dessert</th>
<th>Drink</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spaghetti bolognese</td>
<td></td>
<td></td>
<td></td>
<td>$7.00</td>
</tr>
</tbody>
</table>

### HOT FOOD

Please add 10 cents to your lunch order if you do not have a lunch bag (brown paper bag)

- **Cup of Noodles** *(Chicken or Beef)* $3.00
- **Fried Rice *H** $4.50
- **Spaghetti Bolognaise *H** $4.50
- **Mac & Cheese *H** $4.00
- **Mini Pizza** *(Ham & Pineapple ONLY)* $3.00
- **5 Mini Steamed Dim Sims** $3.80
- **Meat Pie** $3.80
- **Sausage Roll** $1.80
- **Party Pie** $1.80
- **Party Sausage Roll** $2.80
- **3 Chicken Nuggets *H** $1.80
- **Classic Chicken Tender *H** $4.00
- **Hot Dog** $4.00
- **Mini Hot Dog** $2.20
- **Nachos** $4.00
- **Wedges** $1.50
- **Chicken Wings** $1.00

Add 40 cents for **Tomato Sauce** or **Soy Sauce**

### SUMMER MENU

RETURN OF: Smoothies & Watermelon

#### FOCACCIA

- **Cheese & Tomato** $6.00
- **Ham & Cheese** $6.00
- **Chicken Tender & Cheese** $6.00
- **Roast Chicken, Avocado & Spinach** $7.50*

*Extras 50 cents each

#### YUMMY FRUIT & VEG SNACKS

- **Apple Slinky** $1.20
- **Carrot Stick Bag** $1.20
- **Cucumber Stick Bag** $1.20
- **Watermelon Slice** $1.20

(your own apple can be slinkied free)

### DRINKS

- **Water** $1.50
- **Plain Milk (250ml)** $2.50
- **Big M (Choc or Strawberry)** $2.50
- **Just Juice (Apple, Orange, Paradise Punch, Apple/Blackcurrant)** $2.00
- **BERRY SMOOTHIE** $2.00

### SALAD PLATES

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad (lettuce, egg, tomato, cucumber, carrot, cheese, beetroot)</td>
<td>$6.00</td>
</tr>
<tr>
<td>With Ham</td>
<td>$7.00</td>
</tr>
<tr>
<td>With Tuna</td>
<td>$7.00</td>
</tr>
<tr>
<td>With Roast Chicken</td>
<td>$7.50</td>
</tr>
<tr>
<td>Salad Dressing Sachet</td>
<td>$0.40</td>
</tr>
</tbody>
</table>

### WRAPS/ SANDWICHES (ON REQUEST)

**LARGE $6.00 MINI $3.30**

- **Salad Wrap** *(lettuce, tomato, carrot, cucumber, grated cheese, beetroot)* $1.00
- **Tuna Wrap** *(tuna, lettuce, tomato & mayonnaise)* $1.30
- **Warm Chicken Wrap** *(crumbed chicken strips, lettuce, grated cheese & mayonnaise)* $3.30
- **Egg Wrap** *(egg & lettuce)* $3.30
- **Roast Chicken Wrap** *(roast chicken, avocado, spinach & mayonnaise)* $7.50*

Add salad to your Tuna or Mini $1.00

Warm Chicken Wrap (extra) Large $1.50

### SNACKS AND FROZEN TREATS

- **Choc Chip or Blueberry Mini Muffin** $1.70
- **Popcorn** $1.80
- **Delights Rice Crackers (BBQ Salt & Vinegar, Sour Cream)** $1.50
- **Raspberry Jelly Cup (Friday only)** $0.60
- **Special Wednesday Treats (freshly baked)** $1.00
- **Zooper Dooper** $0.60
- **Icy Pole ( Assorted Flavours)** $1.00
- **Frozen Yoghurt (Mango or Strawberry)** $2.70
- **Paddle Pop - Chocolate or Rainbow** $1.70

Please note the products marked *H are Jakim Halal approved

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