

Craigmore South Primary Canteen Menu

TERM 1

GREEN – BEST CHOICES

AMBER – OCCASIONAL CHOICES

(GF) = Gluten Free

Qkr!

Online ordering available

TERM 1 SPECIAL

ANY Wrap + Zooper Dooper OR Quelch

Stick = \$5.00

Fresh Sandwiches/ Rolls

(White /Whole meal/ Turkish/ Hamburger Roll)

	Sandwich	Roll
Ham/ Chicken/ Tuna Salad	\$3.70	\$4.80
Egg Salad	\$3.70	\$4.80
Cheese	\$2.50	\$3.80
Vegemite/ Jam	\$1.70	\$3.30

Toasted Sandwiches (White /Whole meal)

*NEW Cheese & Tomato	\$3.40
Vegemite & Cheese	\$3.40
Ham & Cheese	\$3.80
Chicken & Mayo	\$3.80

Burgers *Salads optional

Schnitzel Burger (Let, cheese, Pineapple & Beetroot)	\$5.00
Beef (Cheese + Sauce)	\$5.00
Chicken (Let & Mayo)	\$5.00
Grilled Chicken (Let, Tom, Cheese & Garlic Aioli)	\$5.00
Grilled Chicken w/ Avo	\$5.00
Beef Burger with Special Sauce (Let & Cheese)	\$5.00

Wraps (White OR Wholemeal)

Salad Wrap	\$4.20
Low Fat Ham/ Chicken/ Tuna/ Salad	\$4.80
Sweet Chili Chicken (warm)	\$4.80
Southern Style Chicken (warm)	\$4.80
Chicken & Avo	\$4.80

Salad Bowls

Salad (Plain)	\$3.60
Egg Salad	\$4.20
Chicken/ Ham/ Tuna	\$4.60
Teriyaki Chicken Salad	\$4.60
Chicken & Avo Salad (Cherry Toms, Let & Cucumber)	\$4.60

Subs

Meatball Sub (Pizza sauce & Cheese)	\$4.80
Toasted Hot Ham and Cheese	\$4.80

Snacks

Banana Bread	.90c
Fresh Fruit	\$1.00
Muffins (ChocChip, Blueberry, Apple & Raspberry and White Choc)	\$1.00
Orange Jelly (Vegan/ GF)	\$1.50
*NEW Cheese Stringers	\$1.50
Greek Yoghurt Squeezes (Assorted)	\$2.50

Gluten Free

Vegetarian Rice	\$4.80
Gluten Free Nuggets (6)	\$4.80
Gluten Free Marconi & Cheese	\$4.80
Butter Chicken	\$4.80

Hot Dogs (Toasted)

Choose any extras: Sauce, Cheese, Mustard, BBQ Sauce & Onion)	\$4.80
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Balfours betta bite (low fat & salt)

Sausage Roll	\$4.20
Beef Pie	\$4.50
Pasty	\$4.50
Pizza Pie	\$4.50
Potato Pie	\$4.50

Hot Dishes

*NEW Penne Napolitana	\$4.80
Mac & Cheese	\$4.80
Vegetarian Rice	\$4.80
Lasagna	\$4.80
Butter Chicken (GF)	\$4.80
Nachos	\$4.80

Hot Foods

Hash Browns	\$1.50
Spring roll	\$3.00
Garlic Bread	\$1.50
*NEW Fantastic Noodles (Beef or Chicken)	\$3.00
Sweet Potato Chips	\$3.50
Ham & Pineapple/ BBQ/ Margarita Pizza	\$4.20
Chicken Nuggets (6)	\$4.80

Ice Blocks & Ice Creams *Please note these are only available for purchase at lunch time or ordered through lunch bag.

Zooper Dooper No Sugar	Half .50c	Whole \$1.00
Berry Quelch Sticks	Half .50c	Whole \$1.00
Frozen Juice Cups Apple & Blackcurrant		\$1.80
*NEW Moosies (Lime & Blue Moon)		\$2.20
Calippo Raspberry & Pineapple		\$2.00
Paddle Pop (Chocolate/Rainbow)		\$2.20
Paddle Pop Ice Twist (Lemonade)		\$2.20
Everest Ice Cream Vanilla Cup (GF)		\$2.00
Everest Strawberry Ice-cream Cup		\$2.00
*NEW Everest Chocolate Ice Cream Cup		\$2.00
Streets Cyclone		\$2.80
Twisted Frozen Yoghurt (Mango & Watermelon)		\$3.20

Drinks

Bottled Spring Water	600 ml	\$2.00
Nippy's Fruit Juice (Apple, Orange and Apple & Blackcurrant)	250 ml	\$2.80
Chilled Peach Ice Tea (no caffeine)	250 ml	\$3.00
Up & Go (Chocolate/Vanilla)	250 ml	\$2.80
Krazy Krush (Assorted flavors + sour) ☺		\$2.80
Nippy's Flavored Milk (Honeycomb, Choc and Strawberry)	250 ml	\$2.80
Hot Chocolate		\$2.00
Banana Smoothie w/ Honey and Yoghurt		\$3.00
Strawberry Smoothie		\$3.00
Focus Water Lite (Fruit Tingle/ Raspberry and Lemonade)		\$3.20