

# SCHOOL CANTEEN ST ALOYSIUS PRIMARY SCHOOL

# 2019



## ~ SANDWICH BAR ~

<b>Vegemite, Jam or Honey (E)</b>	<b>\$2.50</b>
<i>Margarine spread</i>	
<b>Chicken (E)</b>	<b>\$4.20</b>
<i>Grilled Chicken, Lettuce &amp; mayo</i>	
<b>Cheese Tomato (E)</b>	<b>\$3.50</b>
<i>Cheese &amp; tomato</i>	
<b>Ham (E)</b>	<b>\$3.80</b>
<i>Cheese &amp; tomato</i>	
<b>Tuna (E)</b>	<b>\$3.80</b>
<i>Mayo, cucumber, Spanish onion, sweet chilli</i>	
<b>Cheese (E)</b>	<b>\$2.80</b>
<i>Sliced tasty cheese</i>	
<b>Salad (E)</b>	<b>\$3.60</b>
<i>Lettuce, carrot, tomato, cucumber, beetroot, onion</i>	
<b>Egg (E)</b>	<b>\$3.80</b>
<i>Mayo &amp; lettuce</i>	
<b>Curried Egg (E)</b>	<b>\$3.80</b>
<i>Mayo, curry &amp; lettuce</i>	
<b>Breads (G) White or wholemeal</b>	
Gluten Free Sliced	\$1.50
White Roll	\$0.60
<b>Extras</b>	
Cucumber, tomato or lettuce (G)	\$0.60
Ham (O)	\$0.70
Avocado (G)	\$1.00
Boiled Egg (G)	\$1.00
Hummus (G)	\$1.00

## ~ SUPER SALAD BAR ~

<b>Greek Salad (E) (GF)</b>	<b>\$5.00</b>
<i>Tomato, cucumber, Spanish onion, pitted olives &amp; feta</i>	
<b>Chicken Caesar (E)</b>	<b>\$5.00</b>
<i>Grilled Chicken, Cos lettuce, croutons, egg, Caesar dressing</i>	
<b>Chicken Buster (E)</b>	<b>\$5.00</b>
<i>Grilled chicken, tabouli &amp; hummus</i>	
<b>Garden Salad (E)</b>	<b>\$4.80</b>
<i>Lettuce, tomatoes, cucumber, carrot, capsicum &amp; sprouts</i>	
<b>Health Pack (E)</b>	<b>\$5.00</b>
<i>Tasty Cheese fingers, carrot sticks, rice crackers, hummus &amp; Tzakiki Dip</i>	

*\* All Salads are Served with Lebanese Bread*

## ~ WRAP BAR ~ (E)

<i>Served in Lebanese Bread</i>	$\frac{1}{2}$	Full
<b>Grilled Chicken &amp; Salad</b>	<b>\$3.00</b>	<b>\$5.80</b>
<b>Ham &amp; Salad</b>	<b>\$3.00</b>	<b>\$5.80</b>
<b>Tuna &amp; Salad</b>	<b>\$3.00</b>	<b>\$5.80</b>

## ~ TURKISH BREADS/FOCACCIAS (E) - \$7.00

**Chicken** – Grilled Chicken breast, roasted capsicum, pesto & tasty cheese  
**Mediterranean** – Ham, artichokes, roasted capsicum, olives & feta cheese  
**Vegetarian** – Eggplant, sun-dried tomatoes, roasted capsicum, olives & feta cheese

**MTB are NSW Healthy School Canteen  
Approved Operators**

### FOOD CODING

<b>E</b>	<b>Everyday / O Occasionally</b>
<b>GF</b>	<b>Gluten Free</b>

## ~SWEET TREATS ~

<b>Warm Banana &amp; Custard (E)</b>	<b>\$2.20</b>
<b>Pikelets w/ Jam (3) (E)</b>	<b>\$2.20</b>
<b>Custard &amp; Fresh Fruit (E)</b>	<b>\$2.20</b>
<b>Homemade Muffins (O) 80gr</b>	<b>\$2.00</b>
<i>(Banana or Blueberries)</i>	

## EXTRAS

<b>Lunch Bag</b>	<b>\$0.20</b>
<b>Spoon or Fork (without a lunch order)</b>	<b>\$0.10</b>
<b>Sauce Portions</b>	<b>\$0.30</b>

