

# Shelley PS Canteen Menu Term 2 2020

## Food Options

<b>Salad Box</b>	\$6.00
(lettuce,tomato,cucumber,carrot,cheese,beetroot)	
With (Ham,Grilled Chicken, Fish, Egg)	\$7.00
<b>Hot Food</b>	
Fish Fingers (3) (oven baked)	\$2.00
Chicken Nugget (3) (oven baked)	\$2.00
Chicken Nibbles (3) (oven baked)	\$2.00
Beef Balls (6) (oven baked)	\$2.00
Pizza (Cheese/BBQ Chicken/H&Pineapple)	\$4.00
Pizza Wrap (Vegetarian/Meat&Cheese(lamb)/ BBQ Chicken/ Cheese) (Oz Bake)	\$4.00
Beef Burger (lean beef,sauce)	\$4.00
Cheese Burger (lean beef,cheese,sauce)	\$4.00
Chicken Burger (grilled ,lettuce,mayo)	\$4.00
Fish Burger (oven baked,lettuce,sauce)	\$4.00
Veg Burger(vegie pattie,lettuce,tom)	\$4.00
<b>Homemade Soup (Tue, Wed, Thurs)</b>	<b>\$5.00</b>
<i>(see canteen noticeboard for flavour)</i>	
Lasagne (Beef/Vegetarian)(Alied Chef)	\$4.00
Macaroni Cheese(vegetarian)(Alied Chef)	\$4.00
Butter Chicken (Alied Chef)	\$4.00
<b>Extras</b>	
Salad Dressing (Italian/Mayonnaise)	30c
Sauce (Tomato/BBQ/Tartare/ Sweet n Sour/Soy)	30c

## Sandwiches, Salad, Wraps & Rolls

All sandwiches are wholemeal  
Unless white bread is requested

### Sandwich/Wrap/Roll

Wraps and Rolls are an extra 50c

Honey/Jam/Vegemite	\$2.00
Banana	\$2.50
Cheese	\$2.50
Devon	\$2.50
Egg	\$2.50
Tomato	\$2.50
Ham	\$3.00
Tuna	\$4.00
Chicken (grilled sliced)	\$4.00
Salmon	\$4.00
Salad	\$4.00

### Extras

Beetroot	50c
Carrot	50c
Cheese	50c
Cucumber	50c
Lettuce	50c
Onion	50c
Tomato	50c
Egg	\$1.00
Tasty Cheese	\$1.00
Avocado	\$1.50
Salad	\$2.50

## **On Trial – Wednesday Only**

Zucchini Slice \$4.00

## **Homemade Soup & Bread Roll**

(Flavour of the week – see canteen noticeboard)

Tuesday, Wednesday & Thursday – \$5.00

## **Meal Deal \$7.00**

Available Monday to Friday

### Food Option

- Sandwich – salad
  - Ham cheese & tomato
  - Chicken lettuce & mayo
- Butter Chicken
- Lasagne (Vegetable/Beef)
- Burger (Chicken/Beef/Cheese/Vegie/Fish)

### Snack Option

- Fruit Cup or piece of fruit
- Vegie sticks & Hommus
- Red Rock Chips (sea salt)

### Drink Option

- Water
- Fruit Juice (orange/apple/punch)
- Milk (Choc/Strawb), M2GO (choc/strawb)
- Chill J (cola/orange/lemonade/grape)  
(watermelon/blackcurrant/raspberry)

# Shelley PS Canteen Menu Term 2 2020

Children ordering lunches at the canteen are to bring their lunch bag and money to the canteen before school.

*Please include an extra 10c if ordering on a bag supplied at the canteen.*

Only lunches with the **correct money** are to be placed in the “Express Box”, which is located at the middle window of the canteen.

***Children who require change are to line up at the window.***

Frozen treats, Hot Chocolate and Cheesy Garlic Bites cannot be included in lunch orders.

PSSA students who order their lunch on Fridays must mark their bags clearly “PSSA”. ***Ice Blocks & Slushes must*** be ordered by PSSA students on Fridays, as we are closed when they return.

*\* Only items marked with an \* are available to purchase before school.*

## Snack Foods

* Banana Bread (home made) (fruit/wholemeal)	\$2.00
*Bread Sticks (2)	50c
Jelly Cup (lite)	50c
Jelly & Custard (lite)	\$1.00
*Mixed Cereal (4xwholegrains)	50c
Cheesy Garlic Toast (recess only)	50c
*Popcorn (Lightly salted)	\$1.00
*Cheese & Biscuits (wholegrain) (lite cheese)	\$1.20
*Fruit (in Season)	\$1.50
*Apple Slinky	\$1.50
*Fruit Cups (4xfruit,cut)	\$1.50
Salad Cups	\$1.50
*Carrot/Celery Sticks/Hommus	\$1.50
*Yoghurt Fruit Crumble	\$2.00
*Mixed Biscuits (6xwholegrain) 6g	\$1.50
Red Rock Chips (Sea Salt)	\$1.50

## Drinks

*Water	\$1.50
*Fruit Juice (Apple/Orange/Paradise Punch)	\$2.50
Chill J (lemonade/cola/ orange/grape) (blackcurrant/watermelon/raspberry)	\$2.50
*M2Go Milk (Chocolate/Strawberry)	\$2.50
*Moove Milk (Chocolate/Strawberry)	\$2.50
*Up & Go Milk (Banana/Chocolate/Strawberry/Vanilla)	\$2.50
Hot Chocolate	\$2.50

## Frozen Treats

**Only available at lunchtime**

Snap Sticks	\$1.00
Ice Money	\$1.00
Frozen Fruit Cup	\$1.00
Lite Ice Cream Cup	\$1.50
Moosies (frozen milk tube) Choc/Blue	\$1.50

## Lunch Bags

10c each or 20 for \$1.00