

# Shelley PS Canteen Menu Term 4 2022

## Hot Food

Party Pies (2) (oven baked)	\$2.50
Chicken Nugget (3) (oven baked)	\$2.50
Chicken Nibbles (3) (oven baked)	\$2.50
Beef Balls (6) (oven baked)	\$2.50
Pizza (Cheese/BBQ Chicken/H&Pineapple)	\$5.00
Pizza Wrap (Vegetarian/Meat&Cheese(lamb)/ BBQ Chicken/ Cheese) (Oz Bake)	\$5.00
Beef Burger (lean beef, sauce)	\$5.00
Cheese Burger (lean beef, cheese, sauce)	\$5.00
Chicken Burger (grilled, lettuce, mayo)	\$5.00
Fish Burger (oven baked,lettuce,sauce)	\$5.00
Veg Burger (vegie pattie, lettuce, tomato)	\$5.00
Lasagne (Vegetarian)(Alid Chef)	\$5.00
Twista Pasta (beef bolognese) (Alid Chef)	\$5.00
Macaroni Cheese(vegetarian)(Alid Chef)	\$5.00
Butter Chicken (HOME MADE)	\$5.00
Zucchini Slice (HOME MADE)	\$5.00

## Sauce & Dressing

Sauce (Tomato/BBQ/Tartare/Sweet&Sour/Soy)	30c
Salad Dressing (Italian/Caesar)	30c

Note: All sandwiches are **wholemeal**  
Unless white bread is requested

## Sandwiches, Wraps & Rolls

Wraps and Rolls are an extra 50c

Honey/Jam/Vegemite	\$2.00
Banana	\$2.50
Cheese	\$2.50
Tomato	\$2.50
Devon	\$3.00
Egg	\$3.00
Ham / Roast Beef	\$4.00
Chicken (grilled sliced)	\$5.00
Tuna	\$4.00
Salmon	\$5.00
Salad	\$5.00

## 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

## Salad Box \$7.00

lettuce, tomato, cucumber,  
carrot, cheese and beetroot.

or \$8.00 with – ham, grilled chicken, roast  
beef, grilled fish, tuna, salmon, or egg

## Meal Deal \$8.00

Available Monday to Friday

### Food Option

Sandwich – Salad  
– Ham cheese & tomato  
Butter Chicken (HOME MADE)  
Lasagne (Vegetable)  
Twista Pasta (beef Bolognese)  
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 (watermelon orange/grape/raspberry)

**GREAT  
CHOICE**

Healthy School Canteens

## Shelley PS Canteen Menu Term 4 2022

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 cannot be included in lunch orders.

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

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.

### Snack Foods

*Bread Sticks (2)	50c
Jelly Cup (lite)	50c
*Mixed Cereal (4xwholegrains)	50c
Cheese Toasties – RECESS ONLY Mon, Wed	50c
Jelly & Custard (lite)	\$1.00
*Popcorn (lightly salted)	\$1.00
*Cheese & Biscuits (wholegrain) (lite cheese)	\$1.50
Red Rock Chips (Sea Salt)	\$1.50
*Fruit (in Season)	\$1.50
*Apple Slinky	\$1.50
*Mixed Biscuits (6xwholegrain) 6g	\$1.50
*Vegie Sticks/Hommus	\$2.00
*Banana Bread (HOME MADE)	\$2.00
*Choc Muffin (HOME MADE)	\$2.00
*Yoghurt Fruit Crumble	\$2.00

### Drinks

*Water	\$1.50
Slushie	\$2.00
*Fruit Juice (Apple/Orange/Paradise Punch)	\$2.50
Chill J (watermelon/orange/grape/raspberry)	\$2.50
*M2Go Milk (Chocolate/Strawberry)	\$2.50
*Moove Milk (Chocolate/Strawberry)	\$2.50
*Up & Go Milk (Banana/Chocolate/Strawberry/Vanilla)	\$2.50

### Frozen Treats

Only available at lunchtime

From 50c to \$1.50

### Lunch Bags

10c each or 20 for \$1.00