

Shelley PS Canteen Summer Menu Term 1 2020

Food Options

Salad Box \$6.00

(lettuce, tomato, cucumber, carrot, cheese, beetroot)

With (Ham, Grilled Chicken, Fish, Egg) \$7.00

Hot Food

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) \$3.00

Pizza Wrap (Vegetarian/Meat&Cheese(lamb)/

BBQ Chicken/ Cheese) (Oz Bake) \$4.00

Beef Burger (lean beef, sauce) \$3.50

Cheese Burger (lean beef, cheese, sauce) \$3.50

Chicken Burger (grilled, lettuce, mayo) \$3.50

Fish Burger (oven baked, lettuce, sauce) \$3.50

Veg Burger (vegie pattie, lettuce, tom) \$3.50

Homemade SUSHI (Tuesday) \$5.00

(Tuna, Chicken, Vegetable)

Lasagne (Beef/Vegetarian)(Alied Chef) \$4.00

Macaroni Cheese (vegetarian)(Alied Chef) \$4.00

Butter Chicken (Alied Chef) \$4.00

Extras

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

Homemade SUSHI

(Tuna, Chicken, Vegetable)

Tuesday only \$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/Veggie/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 (Chocolate/Strawberry), M2GO (choc/strawb)

Chill J (cola/orange/lemonade/grape)
(watermelon/blackcurrant/raspberry)

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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
* Mini Muffin (home made) (Fuit/wholegrain)	\$2.00
*Bread Sticks (2)	50c
Jelly Cup (lite)	50c
Jelly & Custard (lite)	\$1.00
*Mixed Cereal (4xwholegrains)	50c
Cheese Toastie (Tuesday only)	50c
*Popcorn (Lightly salted)	\$1.00
*Rice cakes (plain)	\$1.00
*Cheese & Biscuits(wholegrain) (lite cheese)	\$1.20
*Fruit (in Season)	\$1.50
*Apple Slinky	\$1.50
*Fruit Cups (4xfruit,cut)	\$1.50
Fruit Skewer (in season)	\$1.50
* Carrot/Celery Sticks/Hommus	\$1.50
* Yoghurt Fruit Crumble	\$2.00
Smoothie (flavour of day)	\$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 (Iemonade/cola/ orange/grape) (blackcurrent/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

Frozen Treats

Only available at lunchtime

Zooper Dooper Sugar Free	50c
Quelch Fruit sticks	\$1.00
Frozen Fruit Cup	\$1.00
Lite Ice Cream Cup	\$1.50
Moosies (frozen milk tube) Choc/Blue	\$1.50
Slushie (99% juice)	\$2.00

Lunch Bags

10c each or 20 for \$1.00