

Athelstone  
School

## **CANTEEN MENU**



**Term 3, 2017**

LUNCH AVAILABLE  
**MONDAY ,  
WEDNESDAY AND  
FRIDAY ONLY**

## HOT FOODS

Hot Chicken Roll (lettuce & mayo)	4.50
Chicken Burger (lettuce, tomato & mayo)	3.50
Plain Hot Dog WITH SAUCE	3.50
Hot Dog (NO SAUCE)	3.20
Vegetarian Quiche (spinach & mushroom)	3.00
Quiche Lorraine (bacon & cheese)	3.00
Hot Spud (bacon & cheese)	3.70
Hot Spud (pineapple & cheese)	3.70
Corn Cob	0.80
Pizza Bun (Supreme or Hawaiian)	2.00
Chicken or Potato Pie	3.40
Plain Pasty or Cornish Pasty	3.40
Plain Beef Pie	3.30
Sausage Roll	2.80
Mini Pie/Pasty/Sausage Roll	1.00

## PASTA DISHES

Lasagna	3.80
Spaghetti	3.80

## SNACKS

Finger Buns (Plain/Fruit) (Icing/No Icing)	1.10
Muffins (Apple or Chocolate)	1.40
Carrot & Walnut Cake (No Icing)	2.00
Fruit Salad (Seasonal Fruit)	3.80
Cheesy mite scroll	2.00
Bacon & Cheese Roll	1.00
Half Garlic Bread	1.00
Ingham Chicken Nuggets (each)	0.80

## FILLINGS

	Sandwiches	Rolls
Cheese	2.00	2.20
Ham or Beef	3.30	3.50
Chicken	3.30	3.50
Tuna	3.50	3.70
Egg & Lettuce	3.50	3.80
Vegemite	2.00	2.20
Salad: lettuce, tomato, cucumber	3.80	4.00
Ham & Salad	4.50	4.80
Beef & Salad	4.50	4.80
Chicken & Salad	4.50	4.80
Fritz & Sauce	2.80	3.00

## EXTRAS

Cheese	0.70
Tomato	0.50
Cucumber	0.50
Pickled Onion	0.50
Egg	0.80
Gherkin	0.50
Grated Carrot	0.50
Beetroot	0.50
Lettuce	0.30
Mayonnaise	0.20

## HEALTHY SALAD PACKS\*

Tuna, with salad plus dinner roll (tray)	6.50
Ham, with salad plus dinner roll (tray)	6.00
Beef, with salad plus dinner roll (tray)	6.00
Chicken, with salad plus dinner roll (tray)	6.00
Cheese, with salad plus dinner roll (tray)	5.50
Cold Roll (pack of 3) (prawn or chicken)	5.50

\***SALAD:** tomato, cucumber, lettuce, cheese, grated carrot and pickled onion

\***DINNER ROLL:** whole meal or white

## DRINKS

100% Apple/Orange Juice box	1.80
400ml Juice (Orange, Apple or Blackcurrant)	3.00
600ml—Mount Franklin Spring Water	2.50

## FLAVOURED MILK "LOW FAT"

375ml—Chocolate, Strawberry or Banana	2.80
'BIG M' 250ml—Chocolate or Strawberry	2.20

## EXTRAS (OTHER)

Mustard	0.30
Tomato Sauce (take away)	0.30
Tomato Sauce (in food)	0.10
Lunch Bags Available (10 bags)	0.60
Double Cut Rolls Extra	2.00

**ONLY FOOD FROM THE LUNCH LIST  
WILL BE SUPPLIED 😊**



**ATHELSTONE BAKEHOUSE**  
SHOP 3, 320 GORGE ROAD  
ATHELSTONE 5076  
PH: 8365 8380