

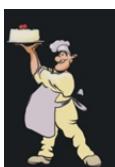


ATHELSTONE BAKERY CANTEEN

Athelstone School Menu

Term 1, 2019

<u>HOT FOOD</u>		<u>FRESH FRUIT</u>	
Corn cob	80c	Fruit salad (seasonal fruit)	\$3.80
Chicken nugget	\$0.80ea	HEALTHY SALAD PACKS	
		* SALAD: Tomato, cucumber, lettuce, grated carrot, pickled onion and cheese	
		* DINNER ROLL: Wholemeal or white	
		Tuna, with salad plus dinner roll (tray)	\$6.50
Mini pie/sausage roll/pasty	\$1.20ea	Ham, with salad plus dinner roll (tray)	\$6.00
Garlic bread	\$1.00	Beef, with salad plus dinner roll (tray)	\$6.00
Pizza: Ham pineapple OR ham and cheese	\$2.20	Chicken, with salad plus dinner roll (tray)	\$6.00
Sausage roll	\$3.50	Cheese, with salad plus dinner roll	\$5.50
Plain meat pie	\$3.50	Cold roll (pack of 3)(Prawn or chicken)	\$5.50
Pasty/Cornish pasty	\$3.50	SANDWICHES, WRAPS AND ROLLS	
		* SALAD: Tomato, cucumber, lettuce, grated carrot, pickled onion and cheese	
Vegetarian pastry OR spinach pasty	\$3.50	Sandwiches	Rolls
Chicken pie OR potato pie	\$3.70	Vegetemite	\$2.00 \$2.30
Vegetarian quiche (spinach & cheese)	\$3.00	Jam (raspberry)	\$1.50 \$1.80
Quiche Lorraine (bacon & cheese)	\$3.00	Cheese	\$2.00 \$2.30
Toasted hot ham and cheese croissant	\$3.50	Ham OR Beef	\$3.30 \$3.60
Toasted hot focaccia w ham and cheese	\$4.50	Chicken	\$3.30 \$3.60
Hot spud (bacon & cheese)	\$3.80	Tuna	\$3.30 \$3.60
Hot spud (pineapple & cheese)	\$3.80	Cheese & salad	\$4.50 \$5.00
Hot Dog (sauce 20c extra, cheese 60c extra)	\$3.50	Ham salad	\$5.00 \$5.50
Hot Chicken Roll (lettuce & mayo)	\$4.50	Beef salad	\$5.00 \$5.50
Chicken burger (lettuce & tomato)	\$3.80	Chicken salad	\$5.00 \$5.50
PASTA DISHES		Egg and lettuce	\$3.50 \$4.00
Lasagne	\$3.80	Fritz and sauce	\$2.80 \$3.00
Spaghetti	\$3.80	EXTRA	
SNACKS		Cheese	60c
Finger bun (plain/fruit) (icing/no icing)	\$1.10	Beetroot	60c
Chocolate only muffin	\$1.40	Tomato	50c
Cookie (M&M or Double choc)	\$1.20	Cucumber	50c
Carrot cake (no walnut)	\$2.00	Pickled Onion	50c
Scrolls - Apple or Apricot	Half: \$1.40 Full: \$2.80	Egg	80c
Cheesymite scroll	\$2.20	Pickle Gherkin	50c
Bacon and Cheese roll	\$1.00	Grated Carrot	50c
DRINKS		Lettuce	30c
100% Apple/Orange Juice box	\$1.80	Mayonnaise	20c
400ml Juice (Orange or Apple)	\$3.00	EXTRAS (OTHER)	
600ml Mount Franklin Spring Water	\$2.50	Mustard	30c
FLAVOURED MILK "LOW FAT"		Tomato Sauce (Takeaway)	30c
375ml – Chocolate or Strawberry	\$2.80	Tomato Sauce (In food)	10c
'BIG M' 250ml – Chocolate or Strawberry	\$2.20	Lunch Bags Available (10 bags)	60c
		Double Cut Rolls Extra	\$2.00



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

- Lunch Available only on **Monday, Wednesday and Friday** only
- Only Food from the Lunch list will be supplied