



## PPS CANTEEN MENU 2022

### COLD DRINKS

Water 600ml	\$2.00
Unflavoured light milk	\$2.00
Soy milk	\$2.50
Oak light milk (Chocolate/Strawberry)	\$3.50
Smoothies (Banana/Mixed Berry)	\$3.50
Emma & Tom's Juices 250ml (Apple, Orange, Karma Rama)	\$3.50
Emma & Tom's Juices 350ml (Green Power, Kick Starter, Extreme C)	\$4.00

### SALADS

Garden salad – Lettuce, tomato, cucumber, carrot	\$4.50
Caesar Salad – cos lettuce, bacon, egg, parmasan	\$5.50
Quinoa Salad – quinoa, cucumber, cherry tomato, red onion, capsicum, feta	\$7.50

### FROZEN SNACKS

Frozen fruit pieces (seasonal)	\$0.50c
Fresh fruit frozen granita	\$2.50
Zooper Doopers	\$1.00
Mini Calippo	\$1.50
Paddle Pop	\$2.00

### SNACKS

Seasonal fruit	\$1.00
Popcorn <b>GF, VEGAN</b>	\$1.00
Raw veg and cheese stick cups (hummus optional) <b>GF, VEGAN.</b>	\$2.00
Natural Yoghurt	\$3.00
- with options of frozen berries and/or muesli <b>GF</b>	\$0.50c per option
Healthy apple muffins (baked fresh) <b>GF</b>	\$2.00
Banana bread (baked fresh) <b>DF</b>	\$2.00
Super healthy coco pop bars <b>GF, DF</b>	\$2.00

Sample of manual ordering >>>>

Frankie Smith – 6R	
2 x Chicken Strips	\$3.80
1 x Frozen Fruit	.50c
1 x Water.	<u>\$2.00.</u>
	\$6.30

This page available for pre order only. Not available at recess.

**SANDWICHES AND WRAPS/ ROLLS.** GF

All sandwiches and wraps will be served on wholemeal/multigrain unless otherwise stated – we can offer high fibre white bread. All sandwiches can be made gluten free except Vegemite .

Cheese	\$3.00
Vegemite	\$3.00
Cheese and Vegemite	\$3.50
Ham and Cheese	\$5.00
Egg and Lettuce	\$3.50
Salad	\$4.50
Ham, Tuna or Chicken	\$4.50
Ham, Tuna or Chicken with Salad	\$6.00
Grilled chicken breast with avocado and mayo	\$6.50

**Toasted, gluten free or rolls add 0.50c per selection (PLEASE CHECK PRICES)**

**BURGERS**

Grilled chicken with lettuce, pineapple and cheese (mayo optional).	\$6.50
Veggie pattie with lettuce (tomato optional, aioli optional)	\$6.50
Beef burger with cheese and lettuce (beetroot on request)	\$6.00

**SUSHI** SUPPLIED BY FOODWORKS

Only available on Wednesday

- Tuna & Cucumber OR Chicken & Avocado	\$3.50
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**HOT DOGS**

Only available on <u>Thursday</u>	\$4.50
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**OTHER**

Sauces (BBQ, Soy and Tomato)	\$0.30c
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**HOT FOOD**

HOT Potatoes with coleslaw and cheese (sour cream optional) GF	\$6.50
Homemade sausage rolls	3 for \$3.50
Pizza scrolls with fresh toppings	\$1.50
Meat pies	\$4.50
Party pies	\$1.50
Fried rice GF, VEGAN – Vegetarian	Regular \$4.50 Large \$7.50
Meat options	Regular \$5.00 Large \$8.00
Homemade Crumbed chicken strips GF, DF	2 for \$3.80
Homemade Pasta Bolognaise GF	Regular \$5.00 Large \$8.00
Healthy Mac and Cheese GF	Regular \$5.00 Large \$8.00
Teriyaki Chicken with steamed rice GF, DF	Regular \$5.50 Large \$8.50
Hardboiled egg. GF	\$1.00
Steamed corn cob GF	\$1.00
Steamed Dim Sims (limited availability over the counter at recess and lunch)	\$1.20

**PLEASE NOTE QKR ORDERS CLOSE AT 9AM**

**STUDENTS MUST RETURN TO CANTEEN TO COLLECT FROZEN ITEMS.**

**ONE student name PER BAG as shown in example.**