

FOREST BITES CANTEEN - February 2020

SANDWICHES WHOLEMEAL BREAD / ROLL / WRAP		SANDWICH EXTRAS	
Plain wholemeal buttered roll	\$0.50	Wholemeal Bread Roll	\$0.50
Honey	\$2.00	Wholemeal Wrap	\$1.00
Jam	\$2.00	Gluten Free Wrap	\$1.00
Vegemite	\$2.00		
Vegemite and Cheese	\$2.50		
Cheese	\$2.50	Ham	\$3.50
Cheese and Tomato	\$3.00	Ham and Cheese	\$3.50
Salad	\$3.50	Ham and Tomato	\$3.50
Tomato	\$3.00	Ham, Cheese and Tomato	\$3.50
Tuna	\$3.50	Ham and Salad	\$4.00
Tuna and Mayo	\$3.50		
Tuna, Lettuce and Mayo	\$3.50		
Grilled Chicken Breast	\$3.50		
Grilled Chicken Breast with Mayo	\$4.00		
Grilled Chicken Breast, Lettuce and Mayo	\$4.00		
Grilled Chicken Breast and Salad	\$4.00		
FRUIT / SALAD - Everyday Choice			
Seasonal Fruit	\$1.00	Frozen Pineapple Rings	\$0.50
Slinky Apple (apple provided by child)	Free	Watermelon Slices (approx 2cm thick)	\$1.00
Slinky Apple (apple provided by canteen)	\$1.00	Frozen Fruit Bags (Oranges/Grapes)	\$1.50
Fruit Salad Cup	\$2.50	Garden Salad Cup	\$1.50
HOT FOOD - Everyday Option			
Good Food Hero Coconut Chicken Thai Curry and Jasmine Rice - 220g	\$3.50	Good Food Hero Thai Fried Rice with Chicken - 220g	\$3.50
Good Food Hero Beef Korma with Basmati Rice - 220g	\$3.50	Butter Chicken	\$3.50
Good Food Hero Bolognese Pasta Bake - 220g	\$3.50	Grilled Chicken Breast Burger with lettuce and mayonnaise	\$4.50
Good Food Hero Macaroni Cheese - 220g	\$3.50	Homemade Cup of Rice	\$1.20
HOT FOOD - Occasional Treat			
Chicken Goujon Wrap with lettuce and mayonnaise	\$5.50	Sausage in a roll	\$3.50
5 x Chicken Goujons with Slinky Apple	\$4.00	Four n Twenty Beef Traveller Pie - 160g	\$3.50
5 x Chicken Goujons with Fruit Salad	\$4.50	Mrs Mac's Lite'n Up Sausage Roll -120g	\$3.50
5 x Chicken Goujons with Garden Salad	\$4.00		
Sauces			
Tomato or BBQ sauce packet	\$0.20	Soya Sauce	\$0.20
SNACKS - Occasional Treat			
Garlic Bread	\$1.00	Canteen Made Fruit Muffins - 80g	\$1.20
Banana Bread - 80g	\$1.50	Hash Browns - 25g	\$0.30
Gingerbread Folk	\$1.50	Popsy Popcorn - 25g	\$1.00
Sea Salt Red Rock Chips - 28g	\$1.50		

SUSHI - FRIDAYS ONLY			
All orders for Sushi must be placed before 8.30am on Friday morning.			
No late orders will be accepted.			
Cooked Tuna and Cucumber	\$3.50	Crab Stick and Avocado	\$3.50
Cooked Tuna and Avocado	\$3.50	California Roll	\$3.50
Fresh Salmon and Avocado	\$3.50	Vegetable Roll	\$3.50
Smoked Salmon, Cucumber & Cream Cheese	\$3.50	Mini Avocado Rolls	\$5.50
Teriyaki Chicken and Lettuce	\$3.50	Mini Crab Rolls	\$5.50
Steamed Prawn	\$3.50	Mini Tuna Rolls	\$5.50
Mini Salmon Rolls	\$6.00	Mini Cucumber Rolls	\$5.50
		Chicken Schnitzel - Occasional Treat	\$3.50
DRINKS - Everyday Option			
Bottled Water	\$1.00	Glee Grape Sparkling Fruit Juice	\$1.70
Plain Milk - 300ml	\$1.20	Glee Blackcurrant Sparkling Fruit Juice	\$1.70
Light Chocolate Milk - 300ml	\$1.70	Glee Raspberry Sparkling Fruit Juice	\$1.70
Light Strawberry Milk - 300ml	\$1.70	Glee Tropical Sparkling Fruit Juice	\$1.70
Emma & Tom's Life Juice - Karma Rama	\$2.00	Emma & Tom's Straight Squeezed OJ	\$2.00
Emma & Tom's Life Juice - Green Power	\$2.00	Emma & Tom's Cloudy Apple Juice	\$2.00
SNACKS - Everyday Option			
Bread Stick - 6g	\$0.15	Homemade Pancakes - Plain	\$0.50
4 Bread Sticks - 25g	\$0.50	Homemade Pancakes with Maple Syrup	\$0.50
Custard Cups - 70ml	\$0.50	Homemade Pancakes with Jam	\$0.50
Yoghurt Cups - 120ml	\$1.00	Hommus and Carrot Sticks	\$1.00
Neetnacs (1/2 Wholemeal roll with tomato puree & cheese - toasted)	\$1.00	Hommus and 4 Bread Sticks	\$1.00
Homemade Fruit Juice Jelly Cups - 70ml	\$0.50	Corn on the cob	\$0.80
Cheesymite Roll	\$1.00		
ICE CREAMS - Everyday Option			
Only available at lunch before 1.30pm			
Quelch Fruit Juice Stick - Apple	\$0.50	Tasman Bay Juicies Tube - Lemonade	\$1.00
Quelch Fruit Juice Stick - Blackcurrant	\$0.50	Tasman Bay Juicies Tube - Orange	\$1.00
Quelch Fruit Juice Stick - Raspberry	\$0.50	Tasman Bay Juicies Tube - Tropical	\$1.00
Quelch Fruit Juice Stick - Strawberry	\$0.50	Tasman Bay Juicies Tube - Wildberry	\$1.00
Tasman Bay Juicies -Tropical	\$0.80		
Tasman Bay Juicies - Wildberry	\$0.80		
ICE CREAMS - Occasional			
Only available at lunch before 1.30pm			
Twisted Frozen Yoghurt - Choc Vanilla	\$2.00		
GLUTEN FREE ITEMS - All fruit, drinks, ice creams and sushi			
Sandwich combos as per sandwich menu		Custard Cups - 70ml	\$0.50
GF Meat Pie	\$5.00	Homemade Fruit Juice Jelly Cups -70ml	\$0.50
GF Sausage Roll	\$5.00	Sea Salt Rock Deli Chips - 28g	\$1.50
Green = Everyday Choice		Amber = Occasional Treat	