

FOREST BITES CANTEEN - February 2018

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SANDWICHES - WHOLEMEAL BREAD / ROLL / WRAP	\$	SANDWICH EXTRAS	\$
Plain buttered roll	\$0.50	Bread Roll	\$0.50
Vegemite / Honey / Jam	\$2.00	Wrap	\$1.00
Vegemite and Cheese	\$2.50	Gluten Free Wrap	\$1.00
Cheese	\$2.50		
Cheese and Tomato	\$3.00		
Salad	\$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	\$4.00		
Grilled Chicken and Salad	\$4.00		
Ham	\$3.50		
Ham and Cheese or Tomato	\$3.50		
Ham, Cheese and Tomato	\$3.50		
FRUIT / SALAD			
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	\$1.00	Frozen Fruit Bags (Oranges/Grapes)	\$1.50
Fruit Salad Cup	\$2.50	Garden Salad Cup	\$1.50
DAILY HOT FOOD SPECIALS			
Monday - Ham and Cheese Pizza	\$3.50	Wednesday - Macaroni Cheese	\$3.50
Tuesday - Pasta Bolognese	\$3.50	Thursday - Butter Chicken	\$3.50
HOT FOOD			
Good Food Hero Bacon Pasta Carbonara	\$3.50	Chicken Goujon Wrap (with lettuce and mayo)	\$5.50
Good Food Hero Beef Korma with Basmati Rice	\$3.50	5 x Chicken Goujons with Slinky Apple	\$4.00
Good Food Hero Coconut Chicken Thai Curry and Jasmine Rice	\$3.50	5 x Chicken Goujons with Fruit Salad	\$4.50
Good Food Hero Thai Fried Rice with Chicken	\$3.50	5 x Chicken Goujons with Garden Salad	\$4.00
Grilled Chicken Breast Burger (with lettuce and mayo)	\$4.50	Sausage in a roll	\$3.50
Homemade Cup of Rice	\$1.20	Traveller Pie - Beef	\$3.50
Tomato / BBQ / Soya Sauce	\$0.20	Sausage Roll	\$3.50
FRIDAY SUSHI - Sushi must be ordered by 8.25am on Friday including all over the counter orders. The sushi is then ordered with Sushi Bar at 8.30am.			
Cooked Tuna and Cucumber	\$3.50	Crab Stick and Avocado	\$3.50
Cooked Tuna and Avocado	\$3.50	California Roll	\$3.50
Smoked 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

Chicken Schnitzel	\$3.50	Mini Cucumber Rolls	\$5.50
		Mini Salmon Rolls	\$6.00
DRINKS			
Bottled Water	\$1.00	Chocolate and Strawberry Milk	\$1.70
Sparkling Mineral Water (various)	\$1.70	Plain Milk	\$1.20
SNACKS			
Popsy Popcorn	\$1.00	Pure Good Organic Nibbles - Banana	\$0.70
Bread Sticks (or 4 for \$0.50)	\$0.15	Pure Good Organic Nibbles - Orange	\$0.70
Fruit Juice Jelly Cups - Homemade	\$0.50	Pure Good Organic Nibbles -	\$0.70
Custard Cups	\$0.50	Granola Go Bites (popcorn) - Cocoa	\$0.80
Yoghurt Cups	\$1.00	Granola Go Bites (popcorn) -	\$0.80
Neetnacs (1/2 roll with tomato puree & cheese - toasted)	\$1.00	Granola Go Bites (popcorn) - Mixed Berry	\$0.80
Messy Monke Grain Bites 20g - Burger	\$1.00	Choc Chip Muffins	\$1.20
Messy Monke Grain Bites 20g -	\$1.00	Choc Chip Cookie	\$1.50
Messy Monke Grain Bites 20g - Pizza	\$1.00	Red Rock Chips	\$1.50
Corn	\$0.80	Garlic Bread	\$1.00
Banana Bread	\$1.50	Hash Browns (2 for \$0.50c)	\$0.30
ICE CREAMS (only available at lunch before 1.30pm)			
Fruit Juice Stick - Apple	\$0.50	Frozen Yoghurt	\$2.00
Fruit Juice Stick - Blackcurrant	\$0.50	Paddle Pops	\$1.20
Fruit Juice Stick - Mango	\$0.50	Sorbet	\$3.00
Fruit Juice Stick - Orange	\$0.50		
Fruit Juice Stick - Tropical	\$0.50		
GLUTEN FREE ITEMS			
All fruit, drinks, ice creams and sushi			
Sandwich combos as per sandwich	\$3.50	Plain Red Rock Deli Chips	\$1.50
Meat Pie	\$5.00	Custard Cups	\$0.50
Sausage Roll	\$5.00	Fruit Juice Jelly Cups	\$0.50
Green = eat lots!		Amber = occasional	
			3/2/18