

TERM 3, 2009
PRIMARY SCHOOL CANTEEN MENU
 OPEN MONDAY TO FRIDAY

Available Monday to Friday

Toasted Sandwiches on Wholemeal Bread (Please specify if you do not want butter)
 Vegemite or Tomato or Cheese Sandwich \$2.00
 Ham, Cheese and Tomato Sandwich \$3.50
 Sandwich Filling *Extras* for 50c: Tomato or Cheese or Pesto
 Sandwich Filling *Extras* for 70c: Free Range Egg or Egg & Mayo
 Sandwich Filling *Extra* for \$1.00: Ham
 (Gluten free Bread available upon request)

Now Available: Wholemeal rolls fresh daily for Salad Rolls \$3.00
 (Salad Rolls include: Lettuce, tomato, grated Carrot, cucumber.
Extras same price as above)

Daily Specials

MONDAY: Minestrone Soup (Vegetarian) Large cup only \$3.00
 (Gluten Free Minestrone available upon request)

TUESDAY: Poached free range Chicken and Lettuce Wrap \$4.00
 With egg mayonnaise **or** Pesto/egg mayo
 Homemade Vegetarian Samosa Pastie \$3.00

WEDNESDAY Pasta Cups with homemade tomato/vegetable Lge Only \$3.00
 Pasta Cups with homemade bolognaise Sauce Lge Only \$4.00
 (All Pasta Cups are served with Parmesan Cheese)

THURSDAY: School made Vegetarian Samosa Pastie \$3.00
 School made Sausage Rolls \$3.00
 Tomato Sauce .20
 Cup of Thai Pumpkin Soup \$2.50

FRIDAY: Cup of Vegetarian Fried Rice with egg. \$3.00
 (Contains Soy sesame and sunflower seeds, onion,
 ginger, garlic, Capsicum, Carrot, beans, and egg.

*(We will be experimenting with new recipes during the term and adding them when they are ready. We are hoping to add an extra option of Vegetarian Sushi Rolls on Mondays asap)

DRINKS

600ml Water \$1.50
 375 ml Apple, Orange or Pineapple Juice \$1.50