



TURRAMURRA PUBLIC SCHOOL

# CANTEEN

WEDNESDAY • THURSDAY • FRIDAY • CANTEEN MANAGER LIZ GRANT 0408 787 804

## 2017 CANTEEN MENU

### SANDWICHES AND ROLLS

Wholemeal or white bread	
Add 50c for rolls - only white	
Cheese	\$2.30
Vegetemite	\$2.00
Honey	\$2.00
Ham	\$2.70
Tuna	\$3.50
Egg	\$2.70
Sliced Banana	\$3.00
Salad: lettuce, tomato, carrot, beetroot, cucumber + mayo	\$3.40
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber 20c each	
Cheese	50c
Egg	\$1.00
Mayonnaise	40c
Plain buttered roll	80c

### FRESH FRUIT AND VEGETABLES **GF**

Banana	\$1.00
Orange - half, sliced	50c
Pear - half, sliced	50c
Apple in skin and/or sliced	\$1.00
Kiwi fruit - peeled, sliced	70c
Fresh fruit salad - snack size	\$1.00
Fresh fruit salad - large size	\$2.00
Carrot and/or celery sticks	50c

### LAVASH WRAPS

Salad	\$4.00
Crumbed chicken tenderloins (x2)	\$4.20
Ham	\$3.50
Ham + cheese + salad	\$5.00
Tuna + egg + salad	\$6.00
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber 20c each	
Cheese	50c
Egg	\$1.00
Mayonnaise	40c

### SNACKS AND YOGHURTS

Vegetemite crusty	50c
Rice cakes (2) <b>GF</b>	60c
Mini Pretzels	60c
Hard boiled egg <b>GF</b>	\$1.00
High fibre muffin - Blueberry or Apple cinnamon	\$1.20
Popcorn	\$1.00
Red Rock chips	
- Sea salt <b>GF</b> or Honey soy	\$1.50

### SUSHI - Terms 1 and 4 only

Friday's only, must be preordered by 9.15am Fridays	
Hand rolls	\$3.50
Vegetable <b>GF</b>	
Californian	
Cooked tuna and cucumber	
Chicken	
Chicken and avocado	
Avocado roll <b>GF</b>	
Avocado and cucumber <b>GF</b>	

### SALADS

Colourful salad medium	\$4.00
Colourful salad large	\$5.00
- add ham	\$1.00
- add 95g canned tuna	\$2.50
- add egg	\$1.00
Kids crunchy salad	\$2.50

### FROZEN FUN

Milk cup: choc or strawberry	50c
Juice Cup <b>GF</b>	
Orange or apple/blackcurrant	50c
Quelch stick <b>GF</b>	50c
Calippo	80c
Icy Twist <b>GF</b>	\$1.00
Paddlepop	\$1.50

### DRINKS

Popper: apple, tropical, apple and blackcurrant	\$1.50
Plain bottled water 600ml	\$1.50
Hot Chocolate	\$1.50
Oak Light Milk 300ml	
Chocolate or strawberry	\$1.80
Sparkling flavoured water	
Strawberry or mango	\$2.00

### HOT STUFF

Party pie or sausage roll	\$1.30
- 30c for Tomato Sauce	
Pizza Muffins (½ English muffin)	
Tomato paste + tasty cheese	\$1.30
Ham + cheese	\$1.70
Crumbed chicken fingers x 3	\$1.80
Potato wedges cup	\$1.50
- add sour cream tub	70c
- add sauce	30c
Spiral Cheesy Pasta Curls (200ml)	\$3.00
Fried Rice	\$3.50
Chicken burger	\$3.70
Hamburger with tomato or BBQ sauce	\$3.70
- bunless with salad	\$5.00
Extra fillings available:	
Tomato, lettuce, beetroot spread, carrot, cucumber 20c each	
Cheese	50c
Mayonnaise	40c

Lunch orders must be placed **ONLINE** by registering with [www.flexischools.com.au](http://www.flexischools.com.au). The order cut off time is 9.15am.

Please arrange a swap if you are unable to attend the canteen on your scheduled day and **then** call Liz on 0408 787 804 to let her know who will be replacing you.