



JC Winter Menu 2017

www.ouronlinecanteen.com.au

Value your time, order online. Go to online ordering to see full menu.

V = Vegetarian GF = Gluten Free Vg = Vegan

BREAKFAST SPECIALS - (8:00 - 8:30am all year round)

- Hot toasted Turkish Bread - Cheese **\$3.00** or Ham and Cheese **\$3.50**
- Up & Go Drink - **\$2.00** (Gluten Free options available)

SNACKS (available breakfast, recess & lunch unless noted)

- Pizza - **\$2.00** (lunch is order only)
- Cheesies - **\$2.00** (V)
- Yogo - Chocolate - **\$2.50**
- Banana bread - one slice - **\$2.50** (V)
- Fruit - whole piece - **\$0.50** (V) (Vg)
- Muffin - Apple/ Blueberry/Chocolate/Orange & Poppy Seed - **\$2.50** (V)
- Hot Ham & Cheese in a Round Roll - **\$3.50** (recess only or lunch is order only)
- Yoghurt – Apricot/Strawberry/Mango Passionfruit or Peaches & Cream - **\$2.50** (V)
- Dip Platters – Avocado (V)/Hommus (V) (Vg)/Tuna (lunch is order only) **\$4.50**

HOT FOOD

- Fried Rice - **\$4.50** (GF)
- Potato Bake - **\$4.00** (GF)
- Vegetarian Fried Rice - **\$4.50** (GF) (V)
- Spinach and Fetta Quiche - **\$4.00** (V)
- Pasta – Ravioli/Macaroni/Lasagna or Spaghetti - **\$4.00**
- Nacho Dippers - Salsa (V) (GF) or Bolognese - **\$6.00**
- Toasties - Cheese **\$3.00**, Ham and Cheese **\$3.50**
- Focaccia - Cheese & Tomato **\$4.00**, Ham **\$6.50**, Chicken **\$7.00**
- Focaccia - Vegetarian (cheese/red onion/pineapple/tomato) **\$6.00** (V)

SANDWICHES, ROLLS AND WRAPS

- Bread Roll Buttered - **\$2.00** (V)
- Vegemite Roll - **\$2.50** (V)
- Wrap - Chicken and Basic Salad - Half **\$3.50**/Full **\$7.00**
- Sandwich - Egg or Cheese & Basic Salad - **\$4.50** (V)
- Sandwich - Ham or Tuna & Basic Salad - **\$5.50**
- Premium Salad Roll/Wrap or sandwich (Butter/Beetroot/Cucumber/Tomato/Carrot and Mixed Lettuce) - **\$6.00** Additional extras available for **50c-\$1.00** (V) (Vg)

Gluten Free Options Available

(Basic Salad Includes: Mixed Lettuce, Carrot and Tomato)

SOUP - \$2.50 (Served all day)

- Bread Roll Buttered and Soup - **\$4.00**

Vegetarian soup always available

DAILY SPECIALS

Monday

- SAUSAGE SIZZLE - **\$4.50**
- GARDEN FRESH SALAD BOWLS Ham/Chicken/Egg - **\$7.00**
 - ◆ Salad bowl contains your choice of the above plus Mixed Lettuce/ Egg/Cucumber/Beetroot/Tomato/Snow Pea Sprouts and dressing. (V) (Vg)
Additional extras available for **50c-\$1.00**
- SUSHI - Teriyaki Chicken/Tuna/Vegetable/Combo or Gluten Free Chicken - **\$5.50**

Tuesday

- GOURMET PIES - Chunky Steak/Pepper Steak/Curry and Potato Top **\$4.00**
- GOURMET PASTIES - **\$4.00** Tomato Sauce **50c**
- PREMIUM SAUSAGE ROLLS - **\$3.50**
- PREMIUM SPINACH & RICOTTA ROLLS - **\$3.50** (V)
- SUSHI - Teriyaki Chicken/Tuna/Vegetable/Combo or Gluten Free Chicken - **\$5.50**

Wednesday

- CHICKEN CHILLI TENDERS - **\$7.50**
- GARDEN FRESH SALAD BOWLS Ham/Chicken/Egg - **\$7.00**
 - ◆ Salad bowl contains your choice of the above plus Mixed Lettuce/ Egg/Cucumber/Beetroot/Tomato/Snow Pea Sprouts and dressing. (V) (Vg)
Additional extras available for **50c-\$1.00**
- SUSHI - Teriyaki Chicken/Tuna/Vegetable/Combo or Gluten Free Chicken - **\$5.50**

Thursday

- HAMBURGERS - **\$7.50**
- VEGETARIAN BURGERS - **\$8.50**
- NOODLES & RICE - Beef Stir Fry Noodles/Honey Soy Chicken & Rice/Satay Chicken & Rice **\$4.00**
- POTATO PIE - **\$4.00**
- SUSHI - Teriyaki Chicken/Tuna/Vegetable/Combo or Gluten Free Chicken - **\$5.50**

Friday

- GOURMET PIES - Chunky Steak/Pepper Steak/Curry and Potato Top **\$4.00**
- GOURMET PASTIES - **\$4.00** Tomato Sauce **50c**
- PREMIUM SAUSAGE ROLLS - **\$3.50**
- PREMIUM SPINACH & RICOTTA ROLLS - **\$3.50** (V)

DRINKS – Hot drinks served all day (Hot Choc/Coffee/Tea & Mocha) \$3.00

- Spring Water - locally sourced and icy cold – 600ml **\$2.00**/1.5L **\$2.50**
- Milk - 300ml **\$1.50**, 600ml **\$2.50**
- Orange “C” 25% Juice - 300ml **\$2.50**, 600ml **\$3.50**
- Harvey Fresh Juice - 250ml Apple/Apple & Blackcurrant/Orange & Tropical - **\$2.00**
- LOL - Blackcurrant/Raspberry/Tropical - **\$2.50**
- Golden Circle 100% Juice – Apple/Apple & Blackcurrant/Apple/Banana/Mango and Orange - 350ml **\$3.00**
- Flavoured Milk - Chocolate/Strawberry/Banana/Choc Mint/Mocha and Coffee - 300ml **\$2.50**, 600ml **\$4.50**

Thank You To All Our Great Volunteers!

Click online to sign up, choose a roster, swap, sync to your calendar. Automatic reminders.
<http://vols.pt/feG4WM>