CFS Canteen Menu 2016
(Please note NO counter sales Tuesdays – please place your orders)

Every Day - Recess
Boiled Egg $1.00
Boiled Egg with reduced fat cheese $1.20
Fruit salad cup, in natural juice $2.00
Yogurt (low fat) $1.50
Frozen Yogurt $1.50
Muesli Bar $1.50
Apple Cinnamon Oat Slice $1.50
School-made Pizza Bread $1.50
Party pie Tues & Thurs only $1.50
½ Jaffle $1.50
- Cheese
- Ham and Cheese
- Chicken and Cheese
- Spaghetti
- Baked Beans

Every Day - Sandwiches, Rolls & Wraps
(please add 50c for Rolls & Wraps)
Salad (no meat) $4.00
- with Ham, Chicken or Tuna $4.50
Vegemite $1.50
- with Cheese $1.80
Egg $2.50
- with lettuce $2.60
Ham, Chicken or Tuna $2.80
- with cheese $3.00
- with cheese and tomato $3.20
Tuna, lettuce, cheese, tomato and mayo $3.50
Chicken strip, lettuce, cheese and mayo $4.00
Fish, lettuce, cheese and mayo $4.00
Full Jaffles $3.00
- Cheese
- Ham and Cheese
- Chicken and Cheese
- Spaghetti
- Baked Beans

Over the Counter Sales (except Tuesdays)

Snacks
Popped potato Snacks $1.00
Popcorn $1.00
Tiny Teddy’s $1.00
School Made Cake $0.50
Fresh Fruit (seasonal) $1.50
Scones or muffins (as available) $1.00
*Spoons $0.10
*Forks $0.10
*(Please note these are provided with all orders)

Drinks
Popper Juice (250ml) $2.00
- apple/orange/apple blackcurrant/tropical $2.00
- chocolate/strawberry/vanilla $2.00
Water $2.00

Every Day - Food Trays
Salad Plate (no meat) $4.50
- with Ham, Chicken or Tuna $5.00
- Fish (1pc), or Chicken Strips (2pc) $5.50

Salad includes – lettuce, tomato, cucumber, cheese, pineapple, corn, beetroot, egg and dressing.

Monday Only
Spaghetti Bolognaise or $4.00
Chicken Drumsticks with Fried Rice $5.00

Tuesday Only
Chicken and Salad Sandwich or $3.50
Spud Bake
(Ham, Cheese, optional Light Sour Cream) $3.50

Wednesday Only
Burger with Beef, Chicken or Fish and Salad (lettuce, tomato & cheese) $5.00

Thursday Only
Fish with Mash and Vegies $5.00
Corned Beef with Mash & Vegies $5.00

Friday Only
Chicken Wings (x3) $3.00
Meat Pie $4.00
Sausage Roll $3.00
Tomato Sauce $0.50

Friday Lunchtime only
Icy Cups (99% fruit juice/milo) $0.50
Bulla Ice Cream (97% fat free) $1.00

☯ All breads are wholemeal or wholegrain ☯

If no bag is provided, an extra 10c will be charged