



# FAITH MS/SS CAMPUS CANTEEN MENU TERM 1 2016

## SNACKS

*Fresh Fruit (Apple, Orange, Banana)	\$0.50
*Fresh Fruit Salad (H/M)	\$3.80
*Watermelon Kebab (Seasonal H/M)	\$1.50
Gingerbread Student	\$1.60
*Cheese, Crackers, Veg Sticks & Dip (H/M)	\$3.00
Assorted Muffins (Made fresh daily) (H/M)	\$2.00
Gluten Free Muffin (H/M)	\$2.00
Greek Yoghurt (Natural/ Mango/Berry)	\$2.00
Banana Bread (H/M)	\$2.00
Red Rock Chips (Honey Soy/Sea Salt/ Salt & Vinegar)	\$1.50
*Pretzels or Popcorn	\$1.20

## SMOOTHIES \$3.50 (must be pre ordered)(H/M)

- \*Choc Banana Energy
- \*Mango, Banana & Coconut
- \*Brekkie Berry Smoothie

## SANDWICHES, WRAPS & ROLLS (H/M)

(White or Wholemeal)

*Cheese & Salad Sandwich	\$3.50
*Egg, Lettuce & Mayo Sandwich	\$3.20
*Ham & Salad Sandwich	\$4.20
*Chicken, Mayo & Salad Sandwich	\$4.20
*For a Wrap add ~	\$1.30
*For a Roll add ~	\$1.00
*Gluten free wrap add ~	\$1.80
*Chicken Caesar Salad Wrap	\$6.50
*Toasted Focaccia (Chick,Cheese,Mayo/Swt Chilli OR Ham Cheese & Tomato)	\$4.00 \$3.80
*Ham & Cheese Toastie	\$3.80
*Chicken, Cheese & Mayo Toastie	\$4.00

## SALADS (H/M)

*Ham Salad Box ~ Sliced Ham & seasonal salad	\$5.00
*Chicken Salad Box ~ Sliced Chicken Breast & seasonal salad	\$5.50
*Plain Salad Box ~ Seasonal Salad with boiled egg	\$4.60
~ Cheese add extra	\$1.00

**\*PRE ORDERING IS THE BEST WAY TO MAKE SURE YOU DON'T MISS OUT!!\***

## DRINKS

*Bottle Water	\$1.50
*Plain White Milk 500ml	\$2.00
*Plain White Milk 300ml	\$1.40
Flavoured Milk 600ml (Choc/S'berry/I' Coffee)	\$3.80
Flavoured Milk 300ml (Choc/S'berry/I' Coffee)	\$2.50
Ice Break 500ml	\$3.80
Rush Latte 400ml	\$3.50
Fruit Juice Popper (Apple/A&B)	\$1.50
Orchy 100% Juice 500ml (OJ/Apple)	\$3.50
Orchy 100% Juice 375ml (OJ/Apple/A&B)	\$2.80
Boost Juice 350ml / Pink Lemonade 500ml	\$3.20
Flavoured Ice Tea 500ml (Peach/Lemon/R'Berry)	\$4.00
Quench Sparkling Water 375ml (Lemon Lime Soda/R'berry)	\$2.30

## HOT FOOD

Ham & Cheese or BBQ Chicken Pizza (H/M)	\$2.80
~ with Pineapple	\$3.10
Garlic Bread	\$1.80
Mini Cheese & Bacon Quiche (H/M)	\$1.00
Beef or Beef & Bacon Traveller Pie	\$3.70
Cheese & Spinach Roll	\$3.80
Sausage Roll	\$3.00
King Size Sausage Roll	\$3.80
*Spaghetti Bolognese (H/M)	\$4.00
Nachos (add 50¢ for sour cream)	\$3.00
Chicken Burger (patty,cheese,lettuce&mayo)	\$4.20
*Beef Burger (patty,lettuce,tom,b/root,sauce)	\$4.20
Sauce Sachet (Tomato, BBQ, Sweet Chilli)	\$0.30

## WEEKLY SPECIALS

MONDAY ~	
Hot Dog & Sauce (grated cheese extra 60¢)	\$2.90
TUESDAY ~ Meatball Sub with Grated Cheese	\$4.00
WEDNESDAY ~	
Potato Wedges with Sour Cream & Sweet Chilli Sauce	\$3.50
THURSDAY ~ *Sushi Roll	\$2.80
FRIDAY ~ Crispy Chicken Wrap (lettuce, mayo & crumbed chicken tenderloin)	\$4.00

Online Ordering is recommended at

[www.ouronlinecanteen.com.au](http://www.ouronlinecanteen.com.au)

Faith Lutheran College Canteen is committed to providing fresh and healthy food for our students and staff.

\*DENOTES GREEN ITEMS H/M = HOMEMADE

Canteen Open: Monday – Friday

Canteen Convenor: Angie Taylor

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