



FAITH MS/SS CAMPUS CANTEEN MENU TERM 3 2016

SNACKS

*Fresh Fruit (Apple, Orange, Banana)	\$0.50
*Fresh Fruit Salad (Seasonal H/M)	\$3.80
*Watermelon (Seasonal H/M)	\$2.20
Gingerbread Student	\$1.80
*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
Banana Bread (H/M)	\$1.60
*Popcorn	\$1.20
Red Rock Deli or Vege Chips	\$1.50

SMOOTHIES \$4.00 (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
*Gluten free wrap add ~	\$1.80
*Chicken Caesar Salad Wrap	\$6.50
*Toasted Focaccia (Chick,Cheese,Mayo/Sweet Chilli Sauce)	\$4.00
*Ham & Cheese Toastie	\$3.80
*Chicken, Cheese & Mayo Toastie	\$4.00

WINTER SPECIALS (pre order)

*Fried Rice (H/M)	\$4.00
*Spaghetti Bolognese (H/M)	\$4.00
Lasagne	\$4.00

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

DRINKS

*Bottle Water	\$1.50
Plain Milk 500ml	\$2.00
Plain Milk 300ml	\$1.20
OAK 600ml (Vanilla Malt, Choc, S'berry)	\$3.80
Flavoured Milk 500ml (Choc/S'berry, l'Coffee)	\$3.50
Flavoured Milk 300ml (Choc/S'Berry/l'Coffee)	\$2.50
Ice Break 500ml	\$3.80
Rush Latte 400ml	\$3.50
Chill Ice Tea 500ml (Rasp, Peach, B/Currant, Aloe Lychee)	\$3.50
Quench (Apple & Rasp, Lemon Lime)	\$2.30
Fruit Juice Popper (Apple/A&B)	\$1.20
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

HOT FOOD

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

WEEKLY SPECIALS

MONDAY ~	\$4.00
Roast Chicken & Gravy Roll (H/M)	
TUESDAY ~ Meatball Sub with Grated Cheese (H/M)	\$4.00
WEDNESDAY ~ *Tacos! (Taco shell with taco mince, lettuce, tomato, grated cheese & sour cream (H/M)	\$4.00
THURSDAY ~ *Sushi Roll	\$2.90
FRIDAY ~ Crispy Chicken Wrap (lettuce, mayo & crumbed chicken tenderloin)	\$4.00

Online Ordering is recommended at

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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