

THE SNACK SHACK MENU Term 4 – 2018

MONDAY and WEDNESDAY and FRIDAY

Order on Qkr! OR (for a limited time) place your suitably sized paper bag with the correct money into the CANTEEN ORDERS box at the office by 9am

Sandwiches*/Rolls/ Wraps – (prepared fresh daily at Swiss Bell Bakery, Seaview Shops, on wholemeal bread unless otherwise specified) **Wraps available for an extra \$1.20.**

Ham ■	3.90
Chicken ■	3.90
Salad (lettuce, carrot, cucumber, tomato) ■	3.90
Egg & mayonnaise ■	3.90
Cheese ■	2.70
Vegemite ■	2.20

**Sandwiches are available toasted for an extra 40c on Mondays only*

Extras:

Cheese ■	0.55
Avocado ■	0.90
Mayonnaise ■	0.40
Lettuce, cucumber, tomato, carrot or beetroot ■	0.40 each

Hot Food

Party Pie Lite ■	1.00
Meat Pie Lite ■	3.50
Vegetarian Fried Rice (gluten free) ■	3.50
Homestyle Sausage Roll ■	3.00
Tomato/Soy Sauce ■	0.20 each

Snacks

Fresh fruit cup (seasonal fruit) ■	1.00
Carrot ■	0.30
Apple curled ■	0.80
Orange cut in quarters ■	0.80
Bega Tasty Cheese Stick ■	1.00
**Banana Bread ■	1.00
Gluten Free Popcorn (cheese, salt, sweet & salty or salt & vinegar) ■	1.20
Gluten Free Vege Chips (natural, salt & vinegar, chicken or bbq) ■	1.20
**Cake (chocolate or orange) ■	1.20

Frozen Snacks*

**Frozen Yoghurt (mango, strawberry or raspberry) ■	1.80
**Quelch Frozen Fruit Juice Tubes (variety of flavours) ■	0.80

*(**Frozen items, cake, banana bread, cups of milk ordered and paid for with lunch orders can only be redeemed if children bring their lunch order bag back to the canteen during lunchtime)*

Drinks

**Cup of Fresh Full Cream Milk ■	0.50
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■ Green – every day food – best choice

■ Amber – occasional food - choose carefully

■ Red – eat these rarely – limit these to twice a term