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| **Recess** | | | | |
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| Veggie Sticks *(carrot, cucumber, celery)* | | | | $2.50 |
| Rice crackers with cheese & carrot | | | | $2.50 |
| Add dip to any of the above; | | | |  |
| * hommus, salsa, yoghurt raita dip | | | | $1.00 |
| * guacamole | | | | $1.50 |
| Rice crackers with dip *(50c extra for guac)* | | | | $2.50 |
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| **Weekly Recess Items** | | | | |
| Hot pocket – **available Mon, Tues & Wed** | | | | $2.50 |
| *Filling choices; cheese, ham & cheese, Salsa & cheese, Pizza (ham, cheese & pizza sauce)* | | | |  |
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| Cutie Pop – **available Mon - Thurs** | | | | $1.50 |
| *Frozen popsicles in cute animal shapes. Choc milk,*  *strawb milk, fruit juice flavours.* | | | | |
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| Frozen Fruit Kebab – **available Mon - Thurs** | | | | $2.00 |
| *Made in the canteen and frozen for hot summer days* | | | | |
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| Pizza Melt – **available Thurs** | | | | $2.50 |
| *A big wedge of delicious bakery focaccia topped with pizza toppings (pizza sauce, ham & cheese) and baked* | | | | |
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| Canteen Made Pikelet – **available Friday** | | | | $1.00 |
| *Choice of buttered or not, fruit or plain* | | | | |
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| **Birthday Fruit Tubes** | | | | |
| Available to order for class birthdays – order in a pack of 24 for $18.00, and add extras on if you need more for 90c each. Please let your child’s teacher know that you have ordered these for pick up from the canteen. | | | | |
| **Available All Day** | | | | |
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| Fresh Fruit – Apple, Banana, Orange | | | | $2.00 |
| Half Cheese and Bacon roll | | | | $2.00 |
| Whole Cheese and Bacon Roll | | | | $3.50 |
| Canteen made Fruit Muffin | | | | $1.50 |
| Fresh Vanilla Yoghurt cup | | | | $1.50 |
| Custard cup | | | | $1.50 |
| Chocolate Mousse | | | | $1.00 |
| Popcorn | | | | $1.50 |
| Red Rock Sea Salt Chips | | | | $2.00 |
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| **Drinks (Recess and Lunch)** | | | | |
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| Water – 600ml | | | | $2.00 |
| Plain milk 300ml | | | | $2.50 |
| Norco Chocolate or Strawberry milk 300ml | | | | $3.50 |
| Sipahh Milk *(range of flavours online)* | | | | $3.50 |
| Juice Popper 200mls | | | | $2.50 |
| Juice Bottle 250mls | | | | $3.00 |
| Juice Bomb *(Carbonated fruit juice)* | | | | $3.50 |
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| **Frozen Items (Recess and Lunch)** | | | | |
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| 10 x Frozen drops *(Choc or strawb milk; juice)* | | | | $1.00 |
| Snapstix *(sweet or sour flavour)* | | | | $1.00 |
| Icy Cup *(Blackcurrant; Orange or Apple)* | | | | $1.00 |
| Juicies Fruit Ice Block *(Wildberry, Apple Lemonade, Tropical, Orange)* | | | | $2.00 |
| Vanilla Light Ice Cream Dixy Cup | | | | $2.00 |
| Twisted Frozen Yoghurt *(Strawberry &* | | | | $3.50 |
| *Vanilla, Mango & Watermelon, Chocolate & Vanilla)* | | | | |
| **Lunch – Hot Food** | | | | |
| Corn Cob | | | | $1.50 |
| Hot Cheese Roll | | | | $2.00 |
| Hot Garlic Roll | | | | $2.00 |
| Hot Cheese & Ham Roll | | | | $2.50 |
| Pack of 5 x Chicken Fingers | | | | $4.00 |
| Gluten Free Chicken Tender *(each)* | | | | $2.50 |
| Ham & Pineapple Pizza | | | | $4.50 |
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| Tomato or BBQ Sauce - $0.50 | | | |  |
| Fork or spoon *(additional to requirements) -* $0.10 | | | | |
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| **Weekly Lunch Items** | | | | |
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| **Shaker Crunch Salad – available Monday** | | | | **$6.50** | |
| *A base of lettuce, carrot, capsicum and celery with your choice of protein, dressing and crunchy toppers to shake up!* | | | | |
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| **Tasty Focaccia Toasties – avail Tuesday** | **$4.50 - $7.00** | | | |
| *Choice of ham & cheese; chicken, guac & cheese; deli style ham; tuna mix with cheese; or veggie.* | | | | |
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| **Warm Tandoori Wrap** **– avail Wednesday** | | | | **$6.50** |
| *Made in the canteen with tandoori chicken breast, rice, cheese and a cool yoghurt raita to dunk into or drizzle over.* | | | | |
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| **Chicken Nachos – available Thursday** | | | | **$6.50** |
| *Canteen made Mexican spiced, slow cooked, pulled chicken breast, corn and black beans served with salsa and cheese on corn chips. Naturally Gluten Free.* ***Add guac tub for $1.50.***   * *Vegetarian option available with refried beans* | | | | |
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| **Fresh Friday Wraps – available Friday** | **$5.50 - $8.00** | | | |
| *A variety of delicious fresh wraps made in the canteen and served cool for hot summer days!*   * *Gluten free wrap available for* ***50c extra*** | | | | |
| **Lunch** | | | |  |
| **Sandwiches / Wraps / Rolls** | | | | |
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| Wholemeal bread, white roll, wrap | | | | $2.50 |
| Gluten Free Bread or wrap | | | | $3.00 |
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| **Then add fillings, sauces etc;** | | | |  |
| Full Salad *(lettuce, carrot, tomato, cucumber, beetroot)* | | | | $2.50 |
| Lettuce; Tomato *(each)* | | | | $0.80 |
| Carrot; Cucumber; Beetroot *(each)* | | | | $0.50 |
| Cheese | | | | $0.50 |
| Double Cheese *(2 slices)* | | | | $1.00 |
| Pineapple Slice | | | | $0.80 |
| Hard Boiled Egg *(sliced or mashed with mayo)* | | | | $1.50 |
| Ham; Tuna *(each)* | | | | $1.50 |
| Tuna Mix *(mayo, shallots, celery, pepper)* | | | | $2.00 |
| Double Ham | | | | $3.00 |
| Poached Chicken Breast | | | | $2.50 |
| Vegemite | | | | $0.50 |
| Sauces – *mayo, tomato, BBQ, sweet chilli* | | | | $0.40 |
| Hommus; Salsa | | | | $0.50 |
| Guacamole | | | | $1.00 |
|  | | | |  |
| Toasting / Oven Warmed | | | | $0.40 |
|  | | | |  |
| ***[Image result of facebook icon](about:blank) Have you seen our canteen Facebook page?***  ***Join our page at* TPS~~Canteen~~ *to stay up to date with current specials, pictures of our menu items and details of what’s happening in our canteen!*** | | | | |
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| **Salad Bar** | | | | |
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| *Charged by each salad item chosen. The salad box will be as full as the number of serves you choose. For example, if you choose lettuce only, your box will not be completely full of lettuce, but rather you will receive one serve of lettuce in the box only.* | | | | |
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| Enviroboard Salad Box and Fork | | | | $0.50 |
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| Lettuce; Tomato *(each)* | | | | $0.80 |
| Carrot; Cucumber; Beetroot; Celery *(each)* | | | | $0.50 |
| Cheese | | | | $0.50 |
| Pineapple Slice; Capsicum *(each)* | | | | $0.80 |
| Hard Boiled Egg *(sliced or mashed with mayo)* | | | | $1.50 |
| Ham; Tuna *(each)* | | | | $1.50 |
| Tuna Mix *(mayo, shallots, celery, pepper)* | | | | $2.00 |
| Double Ham | | | | $3.00 |
| Poached Chicken Breast | | | | $2.50 |
| Salsa or Hommus *(full serve)* | | | | $1.00 |
| Guacamole *(full serve)* | | | | $1.50 |
| Caesar, Greek or Tangy Mayo Dressing | | | | $0.50 |
| Toasted Croutons | | | | $1.00 |
| Buttered Roll *(half sub roll)* | | | | $1.00 |
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| **Caesar Salad – available Tues - Thurs** | | | ***from* $5.50** | |
| *Crisp lettuce, boiled egg, baked ham pieces, toasted focaccia croutons, Parmesan Cheese and Caesar dressing on the side.*  *Option to add chicken breast* ***(extra $2)****; or remove ham, cheese or croutons to suit dietary requirements.* | | | | |
| **Burgers** | | | |  |
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| **Standard Cheeseburger** | | | | $6.00 |
| *Your choice of our beef, crumbed chicken, chargrilled chicken or veggie pattie on a bread roll with tomato or BBQ sauce and cheese* | | | | |
|  | | | |  |
| **Standard Chicken burger** | | | | $6.00 | |
| *Your choice of crumbed or chargrilled chicken pattie with lettuce and mayo* | | | | |
|  | | | |  |
| **Build Your Own Burger** | | | | $5.50 | |
| *Start with your choice of burger pattie (beef, crumbed chicken, chargrilled chicken or veggie) on a roll, then add your choice of sauces and fillings from the below. Create your own perfect burger!* | | | | |
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| Sauces – *mayo, tomato, BBQ, sweet chilli* | | | | $0.40 | |
| Salsa | | | | $0.50 |
| Guacamole | | | | $1.00 |
| Full Salad *(lettuce, carrot, tomato, cucumber, beetroot)* | | | | $2.50 |
| Lettuce | | | | $0.80 |
| Tomato | | | | $0.80 |
| Carrot | | | | $0.50 |
| Cucumber | | | | $0.50 |
| Beetroot | | | | $0.50 |
| Cheese | | | | $0.50 |
| Double Cheese | | | | $1.00 |
| Pineapple slice | | | | $0.80 |