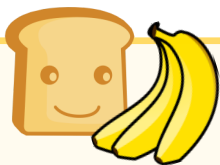


# PUNCHBOWL PUBLIC SCHOOL

# CANTEEN MENU

**i** E - Everyday Foods    **O** - Occasional Foods

## BREAKFAST



Fresh Yoghurt with Berries <i>E</i>	\$1.50	Fresh Yoghurt with Berries <i>E</i>	\$1.50
Cheese Toastie half <i>E</i>	\$1.00	Yoghurt with granola <i>E</i>	\$3.00
Tomato & Cheese Toastie <i>E</i>	\$4.00	Baked Hash Browns <i>O</i>	\$1.00
Raisin Toast <i>E</i>	\$1.00	Cereal Cup <i>E</i>	\$1.50
Toast (White or Wholemeal) <i>E</i>	\$1.00	Fruit Salad Tub <i>E</i>	\$3.50
Hot Milo Milk <i>E</i>	\$2.00	Mini Zatar/Cheese Pizza <i>E</i>	\$2.50

## BREAKFAST SPECIAL

1/2 CHEESE TOASTIE *E*    \$1.00 each

## CRUNCH & SIP AVAILABLE

Ask our canteen staff about our **DAILY PREPARED, fresh, cut up fruit & veg tubs** offered

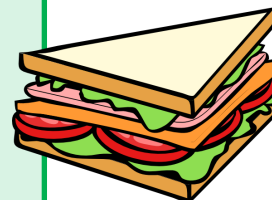
## SANDWICHES

*Change any sandwich to a WRAP or ROLL for an additional 70c*

All sandwiches are made daily with fresh ingredients

*White / Wholemeal available*

Salad <i>E</i>	\$4.50	Egg <i>E</i>	\$3.50
Cheese & Salad <i>E</i>	\$5.00	Egg salad <i>E</i>	\$5.00
Cheese <i>E</i>	\$3.00	Egg Lettuce Mayo <i>E</i>	\$4.00
Cheese & Tomato <i>E</i>	\$4.00	Tuna <i>E</i>	\$4.00
Jam <i>E</i>	\$2.50	Curried egg <i>E</i>	\$3.50
Vegemite <i>E</i>	\$2.50	Buttered bread <i>E</i>	\$1.00
Vegemite & Cheese <i>E</i>	\$3.00	Honey <i>E</i>	\$2.50
Chicken Lettuce Mayo <i>E</i>	\$5.00	Chicken Salad <i>E</i>	\$6.00



## HOT FOOD

### BURGERS

Grilled Beef Burger <i>E</i>	\$6.00
Grilled Chicken Burger <i>E</i>	\$5.00
Grilled Cheese Burger <i>E</i>	\$6.00
Meatball Sub <i>E</i>	\$6.00

### PASTAS

Freshly made Spaghetti Bolognese <i>E</i>	\$5.00
Pasta Napolitana <i>E</i>	\$2.50
Pesto Penne Pasta <i>E</i>	\$5.00
Macaroni & Cheese <i>E</i>	\$5.00



### EVERYDAY MEALS (E)

Homemade Lasagna <i>E</i>	\$5.00
Freshly made Honey Soy Chicken & Rice <i>E</i>	\$5.00
Freshly made Butter Chicken & Rice <i>E</i>	\$5.00
Homemade Fried Rice <i>E</i>	\$5.00
Spicy Ramen Noodles	\$4.00
Beef Nachos <i>E</i>	\$5.00

### OCCASIONAL MEALS (O)

Villis Beef Pies <i>O</i>	\$4.50
Vegetarian Spring Rolls (3) <i>O</i>	\$2.00
Chicken Breast Nuggets (min 4) <i>O</i>	\$0.80
Baked Potato Wedges bag <i>O</i>	\$2.50
Wedges Box with Sweet Chilli <i>O</i>	\$4.50
Hot Dog <i>O</i>	\$4.50
Cheese Pizza <i>O</i>	\$5.00
Homemade Zaatar + Cheese <i>E</i>	\$5.00
Lebanese Meat Pizza <i>O</i>	\$5.00
Pizza Sub	\$2.50
Noodle Cup <i>O</i>	\$3.00

# PUNCHBOWL PUBLIC SCHOOL

## CANTEEN MENU



### SALAD BOXES

ALL SALAD BOXES ARE PREPARED DAILY WITH FRESH INGREDIENTS

Garden Salad (lettuce, tomato, carrot, cucumber, beetroot) <i>E</i>	\$4.00	Bean Box (salad, four bean mix, grated cheese) <i>E</i>	\$6.00
Falafel Salad Box (Homemade falafel, mix salad, tomato, cucumber, carrot with tahini dressing) <i>E</i>	\$6.00	Tuna Salad (tuna, tomato, cucumber, corn kernels, carrot, lettuce, grated cheese, balsamic vinegar) <i>E</i>	\$6.00
Chicken Salad (Fresh chicken breast, cheese, tomato, carrot, cucumber, lettuce, beetroot, egg, mayo) <i>E</i>	\$6.00	Greek Salad (lettuce, tomato, cucumber, feta, olives, balsamic vinegar) <i>E</i>	\$6.00
Moroccan Salad (couscous, beans, lentils, spices, Spanish onion, tomato, cucumber, balsamic glaze) <i>E</i>	\$6.00	Caesar Salad (chicken breast, lettuce, bacon (optional), croutons, shaved parmesan, Caesar dressing) <i>E</i>	\$6.00

### MEAL DEALS

<b>SPECIAL 1</b>	Grilled chicken wrap + Bottled water <i>E</i>
<b>SPECIAL 2</b>	Vegetarian Fried Rice + 2 Spring Rolls + Water Bottle <i>E</i>
<b>SPECIAL 3</b>	5 Chicken Nuggets + Poptop Juice <i>E</i>
<b>SPECIAL 4</b>	Cheese toastie + Oak Milk + Cookie <i>E</i>
<b>SPECIAL 5</b>	Pasta napolitana + Garlic bread + Poptop Juice <i>E</i>
<b>SPECIAL 6</b>	Salad + Cheese Roll + Bottled water <i>E</i>
<b>SPECIAL 7</b>	Vegemite sandwich + Fresh fruit box + Popper juice or Bottled water <i>E</i>

**\$6.50**



### WRAPS

Lebanese bread or Mountain bread available upon request

Chicken Lettuce Mayo <i>E</i>	\$6.00	Falafel & Salad with Tahini Sauce <i>E</i>	\$6.00
Fresh Chicken & Salad <i>E</i>	\$6.00	Grilled Chicken Tender Lettuce Mayo <i>E</i>	\$6.00
Tuna Cheese Lettuce Mayo <i>E</i>	\$6.00	Peri Peri Chicken <i>E</i>	\$6.00



### COUNTER SALES

Fresh fruit <i>E</i>	\$1.50	Noodles <i>O</i>	\$2.00
Fresh fruit Salad <i>E</i>	\$3.50	Crunch carrot cups <i>E</i>	\$1.50
Fresh fruit Cups <i>E</i>	\$1.00	Crunch & Sip veggie tubs <i>E</i>	\$1.50
Mini Muffin <i>O</i>	\$1.50	Homemade rice pudding <i>O</i>	\$3.00
Yoghurt w/ fresh berries <i>E</i>	\$1.50	Quelch fruit ice blocks <i>O</i>	\$1.00
Custard Cup <i>O</i>	\$1.50	Frozen fruit juice cups <i>E</i>	\$1.50
Red Rock Deli Plain <i>O</i>	\$2.00	Popcorn <i>E</i>	\$1.50
Home Made Muesli Bar <i>O</i>	\$2.00	Vegetarian spring rolls <i>O</i>	\$0.70
		Lean Party Pie <i>O</i>	\$2.00

### DRINKS

Orchy 100% juice cups <i>E</i>	\$1.50
100% orange / apple juice <i>E</i>	\$2.50
Juice poptops <i>E</i>	\$2.50
School flavoured milk <i>E</i>	\$2.50
Flavoured Mineral Water <i>O</i>	\$3.00
Hot cocoa <i>E</i>	\$2.00
Water <i>E</i>	\$2.00