

# SEACLIFF PRIMARY SCHOOL CANTEN Winter Menu 2020



## SOUP

Pumpkin (G,V,DF,GF)	\$4.00
Potato and Bacon (G,GF)	\$4.00

## HOT MEALS

Pasta Bolognese (G,DF,GFA)	\$6.00
Veggie Pasta Bolognese (G,DF,V,GFA)	\$6.00
Potato Bake (G,GF) with/without Bacon	\$6.00
Italian Chicken Parmigiana (G,GF)	\$6.00
<i>Parmesan or Vegan Cheese</i>	\$1.00

## PASTRIES

Homemade Sausage Roll (A,DF)	\$4.00
Homemade Veggie Sausage Roll (A,V)	\$4.00
Pizza Pie (Balfours) (A)	\$4.20
Beef Pie (Balfours) (A)	\$4.20
Pastie (Balfours) (A)	\$4.20
Tomato, BBQ, Mustard, Sweet Chilli	\$0.50

## PIZZA SUBS

First, choose a Tomato or BBQ base

Cheese Pizza Sub (A)	\$3.50
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**Extra Toppings \$1.00 each**

Chicken (G), Pepperoni (A), Ham, Pineapple (G)	
GF Base	extra \$0.50

## QUESADILLA

Plain Cheese	\$3.50
<b>Extra Fillings</b>	
Chicken (G)	\$1.00
Veggie Mexican sauce (G,V)	\$1.00
Sour Cream (A)	\$1.00
GF Tortilla (A,GF)	extra \$1.00

## BURGERS

*Cheese, Lettuce and Sauce included in the price*

Beef Patty (G,GF)	\$5.50
Veggie Patty (G,V,GF)	\$5.00
Shredded Chicken (G,GF)	\$5.50
Fish Fillet (A)	\$5.50

### **Extra's (G)**

Roast Pumpkin	\$1.00	Pineapple	\$1.00
Cucumber	\$0.50	Carrot	\$0.50
Tomato	\$0.50		
GF Rolls (A,GF)		extra	\$0.50
Wraps (A)		extra	\$1.00

## SIDE SALAD

Lettuce, Grated Carrot, Cucumber,	\$3.00
Roast Pumpkin, Grated Apple, Tomato, Dressing (Caesar or Vinaigrette) (A)	

## SANDWICHES

Butter only on request (A)			
<b>1 Spread (A)</b>	\$2.50		
Vegemite, Jam or Honey			
<b>1 Filling (G)</b>	\$2.50		
Tomato, Lettuce, Cucumber, Grated Carrot or Cheese			
<b>Extra Fillings</b>			
Pineapple	\$1.00	Tuna	\$1.00
Chicken	\$1.00	Ham	\$1.00
Cheese	\$0.50	Egg	\$1.00
Roast Pumpkin	\$1.00		
For each extra salad selection	extra \$0.30		
To have sandwich toasted	extra \$0.50		
GF Bread (A,GF)	extra \$0.50		
Wraps (A)	extra \$1.00		

## EXTRAS

Garlic Bread (A)	\$1.50
Hot Chips (A)	\$2.50
Fish Fillet (A)	\$3.00
Beef Patty (G)	\$3.00
Mini Potato Bake (G)	\$4.00
Chicken Wingette (A,GF)	\$1.10
<i>Honey &amp; Soy or BBQ</i>	

**SEE PAGE 2 FOR MORE FOOD OPTIONS**

# SEACLIFF PRIMARY SCHOOL CANTEEN Winter Menu 2020



**ORDER EVERYTHING  
including your  
RECESS and SNACKS  
on the Qkr! app**

## QUICK CLICK PACKS

See Qkr! app for full details of ...

**Recess Packs!**

**Lunch Packs!**

**Excursion Packs!**

*(Must be ordered the **DAY BEFORE** the excursion  
by 9:15 am)*

**TEAM CANTEEN** is proud to say most of our menu is homemade! Our meals are packed with hidden vegetables and made with fresh local produce (some even grown at the school) that will keep our kids energised and focused all day!

**KEY:** GF= Gluten Free    GFA = Gluten Free Available  
DF= Dairy Free    V = Vegan  
**Rite Bite Key:** G= Green    A =Amber

## WEDNESDAY— Sushi Day

<b>Sushi -</b>	
Tuna (G)	\$3.00
Vegetarian (G)	\$3.00
Chicken Teriyaki (G)	\$3.00
<b>Cold Rolls (G) -</b>	\$3.00
Chicken Teriyaki or Vegetarian	
Soy sauce	extra \$0.10

## FRIDAY— Hotdog Day

Hotdog (A)	\$4.00
Sauce included (Tomato, Mustard, BBQ)	
Add Cheese or Vegan Cheese	\$0.50
Add Hot Chips (A)	\$1.00
GF Hotdog Roll	extra \$0.50
Sauce for Hot Chips	extra \$0.50
<i>Vegan Option Available</i>	

## DRINKS

Milk Cup (G)	\$1.00
Harvest Juice Box (A,GF)	\$2.00
<i>Orange, Apple or Apple and Blackcurrant</i>	
Oak Milk (A) <i>Choc or Strawberry</i>	\$2.50
Fresh Hot Choc (A)	\$2.50
Fresh Iced Chocolate( A)	\$2.50
<i>Hot Choc &amp; Iced Choc</i>	
<i>available with Soy Milk (DF)</i>	

## RECESS/SNACKS

Warm Apple Crumble (G)	\$3.00
<i>with Custard</i>	\$0.50
Vegetemite or Pizza Scroll (A)	\$0.80
Fruit Muffin (A)	\$1.00
Choccy Bickies (A,GF)	\$1.00
Corn Chips (A,GF)	\$1.00
Carrot & Celery/Cucumber Sticks (G)	\$1.00
<i>Salsa (G), Raita (G), Sour Cream (A)</i>	\$1.00
Mini Garlic Bread (A) (RECESS ONLY)	\$0.80
Vanilla Custard Cup (A,GF)	\$1.00
Jelly Cup (A)	\$1.00
Flavoured Yoghurt Cups (A)	\$2.50
JJ's Chips (A)	\$2.00
Fruit Kebab (G)	\$1.20
Piece of Fruit (G)	\$0.70
Treat bags, choose one or a mixed bag	\$1.00
5 Frogs <b>OR</b> 6 Fruit Bites <b>OR</b> 20 Ovalteenies	

## ICE BLOCKS

Vanilla ice cream cup (A)	\$2.00
<i>Toppings - chocolate or sprinkles</i>	
Frozen Juice Box (A,GF)	\$2.00
<i>Orange, Apple or Apple and Blackcurrant</i>	
Frozen Milk (A,GF) Choc/Strawberry	\$2.50
Frozen Yogurt Cups (A)	\$2.50