



# SEACLIFF CANTEEN SUMMER MENU 2022



**SEACLIFF**  
Primary School

## HOMEMADE HEALTHY HOT FOOD

<b>Nachos w Salsa &amp; Cheese</b> (GF, V)	<b>\$5.50</b>
<b>Pasta Bolognaise</b> (GFO)	<b>\$6.00</b>
<b>Veggie Pasta Bolognaise</b> (GFO)	<b>\$6.00</b>
<b>Sausage Roll</b>	<b>\$5.50</b>
<b>Lite Beef Pie</b> (Balfours)	<b>\$5.50</b>
<b>Ham &amp; Cheese Croissant</b>	<b>\$5.00</b>
<b>Pizza Subs</b> (GFO, V)	<b>\$3.50</b>
Tomato, BBQ or Garlic Butter Base with cheese	
<b>Quesadillas</b> (GFO, V)	<b>\$3.50</b>
Plain Cheese	
<b>Burgers</b> (GFO)	<b>\$6.50</b>
with cheese, lettuce & Choice of sauce	
<b>Beef</b> (GF)	
<b>Fish</b>	
<b>Veggie</b> (Vege Delight Brand) (GF,V)	
<b>Chicken Tenders</b> (GF)	
<b>Sweet Chilli Chicken Tenders</b>	

### **Extras for Subs, Quesadillas, Burgers**

<b>Salad Fillings (V):</b>	<b>\$0.50each</b>
Tomato      Cucumber	
Grated Carrot      Pineapple	
<b>Protein Fillings (GF):</b>	<b>\$1.00each</b>
Ham      Chicken	
Pepperoni	

## HOMEMADE HEALTHY COLD FOOD

<b>Seasonal Fruit Salad</b> (GF, V)	<b>\$5.00</b>
<b>Garden Salad</b> (GF,V)	<b>\$5.00</b>
<b>Caesar Pasta Salad</b> (GFO)	<b>\$5.50</b>
<b>Add Chicken</b>	<b>\$1.00</b>
<b>Sandwiches</b> (GFO)	<b>\$2.50</b>
<b>Wraps</b> (GFO)	<b>\$3.50</b>
<b>Spreads included in price (GF, V):</b>	
Butter      Jam	
Honey      Vegemite	
Sauces      Mayo	
<b>Salad Fillings (GF, V):</b>	<b>\$0.50each</b>
Tomato      Lettuce	
Cucumber      Grated Carrot	
Pineapple	
<b>Protein Fillings (GF)</b>	<b>\$1.00each</b>
Ham      Chicken	
Pepperoni      Egg	
Tuna      Cheese	
<b>Gluten Free Sandwich/Wrap</b>	<b>\$1.00extra</b>
<b>Toasting</b>	<b>\$0.50extra</b>

## DRINKS & ICE CREAMS

<b>Juice Box</b>	<b>\$2.50</b>
<b>Flavoured Milk</b>	<b>\$3.00</b>
<b>Milk Cup</b>	<b>\$1.50</b>
<b>Ice Cream Cup</b>	<b>\$2.00</b>
<b>Swings (Choc or Strawberry)</b>	<b>\$3.00</b>
<b>Quelches</b>	<b>\$2.00</b>

GF= Gluten Free      GFO= Gluten Free Option  
V= Vegetarian

## HEALTHY EXTRAS/SNACKS

<b>Hot Chips</b> (GF, V)	<b>\$2.50</b>
<b>Fish Fillet</b>	<b>\$3.00</b>
<b>Chicken Tender</b> (GF)	<b>\$2.50</b>
<b>Chicken Wingette</b> (GF)	<b>\$1.20</b>

## HEALTHY RECESS OR LUNCH SNACKS

<b>Cheese Croissant</b>	<b>\$4.00</b>
<b>Fruit Salad</b>	<b>\$5.00</b>
<b>Vegemite or Pizza Scroll</b> (V)	<b>\$0.80</b>
<b>Garlic Bread</b> (V)	<b>\$2.00</b>
<b>Fruit Muffin</b> (V)	<b>\$1.00</b>
<b>Corn Chips</b> (GF,V)	<b>\$1.00</b>
<b>Jumpies</b>	<b>\$1.50</b>
<b>Vege Chips</b> (GF, V)	<b>\$1.50</b>
<b>Mamee Noodles Chicken</b> (V)	<b>\$1.50</b>
<b>Custard Cup</b> (GF, V)	<b>\$1.50</b>
<b>Jelly Cup</b> (GF)	<b>\$1.50</b>
<b>Veggie Sticks</b> (GF, V)	<b>\$2.00</b>
<b>Frozen Berry Cups</b> (GF, V)	<b>\$2.00</b>
<b>Fruit Kebab</b> (GF,V)	<b>\$1.50</b>
<b>Piece of Fruit</b> (GF, V)	<b>\$1.00</b>

## TREATS

<b>Mixed Treat Bag</b> (V)	<b>\$1.00</b>
<b>Yoghurt Frogs (3)</b> (GF, V)	<b>\$1.00</b>
<b>Fruit Bites (6)</b> (V)	<b>\$1.00</b>

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## EVERYDAY LUNCH PACKS

All Lunch Packs Come With a Treat Bag

Fish & Chips	\$6.50
4 Chicken Wings & Chips	\$8.30
Chicken Tenders & Chips	\$8.50
Nachos & Garlic Bread	\$8.50
Pasta Bol & Garlic Bread	\$9.00

## WEDNESDAY LUNCH SPECIAL

### SUSHI DAY

Sushi	\$4.20
(Tuna, Veg or Chicken Teriyaki)	
Soy Sauce	\$0.10

## FRIDAY LUNCH SPECIAL

### HOT DOG DAY

Hot Dog	\$4.50
Sauce Included (Tomato, Mustard, BBQ)	
<u>EXTRAS</u>	
Cheese	\$1.00
Hot Chips	\$1.50
GF Hot Dog Roll	\$1.00
Vegan Option	\$1.00



**TEAM CANTEEN** is proud to advertise that most of our menu is homemade in the canteen.

Our meals are packed with hidden vegetables and made with local produce (some grown at the school or donated by Seacliff families!)

Our mission is to ensure Seacliff kids are energized and focused all day with great food in their bellies!

**Team Canteen follows the RITEBITE Policy and every item on the menu is Green or Amber.**

## VOLUNTEERS

Team Canteen would not run without the invaluable support of the Seacliff community.

If you have some free time whether once off or on a regular basis, please contact TEAM CANTEEN on:

8298 8937

[seacliff.canteen193@schools.sa.edu.au](mailto:seacliff.canteen193@schools.sa.edu.au)



QKR is the main ordering system for Seacliff Canteen! If you need to manually order with brown paper bags please see Canteen staff to get some lunch bags free of charge!

**FRUIT, RECESS, LUNCH and SNACKS can be ordered through QKR!**