

LUNCH ORDERS - set days

MONDAY – Sushi, Rice Paper Roll & Chicken Day

Sushi - chicken or beef ■ - tuna, avocado, vege, salmon or tofu ■	\$4.00
Rice paper rolls - chicken, beef ■ tuna or veg with avocado or cucumber ■	\$6
Chilli chicken wrap ■ H	\$3.50 includes lettuce & mayo
Yummy drummy with salad ■ (Limit 2 per person)	\$4 includes side salad

TUESDAY – Pizza Day

Cheese & bacon	\$3.50
Ham & pineapple ■	\$4
Margarita(cheese) ■ V	\$4

WEDNESDAY – Burger Day

Beef burger ■	\$4.50
Cheese burger (Beef burger + cheese) ■	full salad included if requested at no extra cost
Chicken burger (Lite schnitzel) ■ H	
Quorn burger	

THURSDAY – Pie & Sausage Roll Day

Lite meat pie ■ H	\$4
Lite sausage roll ■ H	\$4

Tomato sauce 20c extra

FRIDAY – Meal Deal Day

Includes drink & fruit if requested

Lasagne Deal ■ H	\$6
Twista Bolognaise Deal ■ H	\$6
Fried Rice Deal ■	\$6
Macaroni & Cheese Deal (contains bacon) ■	\$6
Singapore Noodle Deal ■	\$6
Potato bake Deal (contains bacon) ■ G	\$6
Cheese & Bacon Pizza Deal ■	\$6
Ham & Pineapple Pizza Deal ■	\$6
Margarita Pizza Deal ■ V	\$6
Pie with Sauce Deal ■ H	\$6
Sausage Roll with Sauce Deal ■ H	\$6
Quorn burger Deal ■ V	\$6
Yummy drummy Deal with salad ■	\$6
Salad Roll Deal ■ V	\$6
Ham Salad Deal ■	\$6
Salad Sandwich Deal ■ V	\$6
Ham Salad Sandwich Deal ■	\$6

Meal deal with water \$5

LUNCH ORDERS - any day

ANY DAY – SANDWICHES

Wholemeal bread only available

Filling	SW	Roll
Plain bread & butter ■	\$1.20	\$1.50
Vegemite ■	\$1.50	\$1.80
Vegemite & cheese ■	\$2.50	\$2.80
Tasty lite cheese ■	\$2.20	\$2.50
Egg, lettuce & mayo ■	\$3.30	\$3.60
Ham ■	\$2.70	\$3
Ham & cheese ■	\$3.50	\$3.80
Salad – lettuce, tomato, cheese, beetroot, carrot, cucumber & mayo ■ V	\$4	\$4.30

Add 50c for toasted items

Sandwich extras

Salad ■	\$2.10	Carrot ■	30c
Full salad + cheese ■	\$3.10	Tomato cucumber ■	60c
Beetroot ■	30c	Cheese ■	\$1
Lettuce ■	30c	Egg ■	\$1.50

Ham \$1.30

Vegemite 30c

Mayo 30c

Salad bowls *

Salad bowls with either ham, cheese, egg or tuna ■ *	\$5.50 .include full salad
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ANY DAY - HOT FOOD

Hot food you can order any day as it
is green food ■

Meat lasagne ■ H	\$4.50
Macaroni & cheese V ■	220gm
Twista bolognaise ■ H	
Fried rice ■	\$4.50
Potato bake (contains bacon) ■ G	\$4.50
Singapore noodles ■	\$4.50

Lunch bags are 10c if not supplied

**We cannot guarantee all foods are
totally egg or nut free**

■ Amber food – limited to specific
days

■ Green food – you can have this
every day (Note: some green foods
like rice paper rolls & sushi are only
available on Mondays as we have
minimum orders from an external
supplier)

H Halal

G Gluten-free

V Vegetarian

RECESS

Fresh fruit ■	60c
Potato shell & sauce ■ V	80c
½ garlic bread ■ V	80c
Cheese and wholegrain crackers ■ G	\$1.20

SNACKS

Fresh fruit ■	60c
Frozen fruit ■	20c
Popcorn (chicken) ■ G	\$1.50
JJs (salt & vinegar, chicken) ■ H	\$1.50
Mamee noodles (chicken, BBQ) ■ H	\$1
Popped chips ■	\$1.50

DRINKS

Just juice (tropical, orange & apple) ■	\$1.50
Plain milk 300ml ■	\$1.50
Lite flavoured milk 300ml (chocolate, strawberry, banana) ■	\$2.50
Water bottle – 600ml ■	\$1.00

ICE BLOCKS

Only sold at lunchtime

Sunny cup (orange, apple or pineapple) ■	70c
Juicies ■	\$1.20
Snappy (Zing) ■	70c
Zooper dooper ■	70c
Lemonade icy twist ■	\$1.70
Paddle pop ■	\$2.50

This menu is compliant with the
Healthy Kids Association
Guidelines.



To volunteer in the canteen

contact:

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Canteen Co-ordinator
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**To check this is the latest
canteen menu:**

Visit excelsiorpublicschool.com
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