

CENTRAL COAST GRAMMAR SCHOOL



CANTEEN SUMMER MENU – (As at January 2017)



BREAKFAST

Wholemeal Cheese Toasty	2.00
Wholemeal Raisin Toast	1.00
Fresh Fruit Salad	4.00
Fresh Fruits (Seasonal)	

SNACKS

Smooze Fruit/Coconut Ice	1.00
<i>(Dairy, Gluten, Soy, Nut, artificial sweetener, colouring & flavouring free!)</i>	
Fresh Fruit	Seasonal
Maaria's Spiral Apple Special	1.00
Hot Popcorn	1.50
Ginger Bread babies	1.00
JJ Crispy Noodles	1.50
Red Rock Chips	1.50
Grain Waves	1.50
Cheese & Bacon Roll	2.00
Vegemite Scroll	3.00
Sweet Chilli Scroll	3.00
Banana Bread	3.00
Coconut Bread (<i>Gluten Free</i>)	2.00
Cold Snack Pack (<i>available during recess & lunch</i>) - Homemade hummus, Carrot, celery sticks, cheese & rice crackers, cucumber & fruit	4.00

SALADS

<u>Trays include:</u> Mixed lettuce, Baby Spinach, Rocket, Tomato, Cucumber, Beetroot, Carrot, Egg, Avocado, Red Onion, Cheddar or Feta Cheese	
	5.00
<u>Proteins as extras:</u> Chicken, Red Salmon, Smoked Salmon, Ham	
	1.00
Pre-made Salad Box (<i>iceberg lettuce, Carrot, tomato, cucumber, cheese</i>)	
	3.00
<i>Mix and match any of the above to create your own salad.</i>	

<u>SUSHI</u> Monday & Friday only	4.00
- Teriyaki Chicken & Avocado	
- Salmon & Avocado	
- Vegetarian	

HOT FOOD

Chicken Breast Nuggets	1.00
Pizza Roundas	2.00
Chicken & Corn Roll	2.00
Fried Rice	3.00
Mini Potato Pie	1.00

BEVERAGES

Flavoured Milk 600ml	4.00
Flavoured Milk 300ml	3.00
Plain Milk 500ml	2.00
Plain Milk 250ml	1.00
Daily Orange Juice 250ml	2.00
Water 600ml	2.00
Berri Juice Pop Top 200ml	2.00
Poppers 250ml	1.00

'EAT' ORGANIC YOGHURT

Apple & Cinnamon / Blueberry / Mango	
95% fat-free, naturally sweetened, gluten free, certified organic 150g tubs	
	3.20

MID WEEK SPECIAL

	4.00
Tuesday, Wednesday, Thursday	
Wholemeal Roll with chargrilled Chicken Breast, Mayonnaise, Lettuce	
Add your own choice of salad.	

SANDWICHES

Vegemite	2.00
Spaghetti	2.00
Baked Beans	2.00
Honey	2.00
Tomato	2.00
Cheese	2.00
Egg	3.00
Curried Egg	3.00
Ham	4.00
Chicken	4.00
Salad	4.00
Salmon	4.50
Smoked Salmon	6.00

Extras on Sandwiches /Wraps / Rolls

Avocado / Baby Spinach / Rocket / Red Onion	
Feta Cheese / Hummus/ Mayonnaise / Mustard	

Choices of Breads & Rolls:

Wholemeal, Wholegrain, White, Wraps, Rolls (wholemeal & white) and Gluten Free	
also available	0.80

ALL BREADS USED IN OUR CANTEEN ARE "PRESERVATIVE FREE"