

# CENTRAL COAST GRAMMAR SCHOOL



## CANTEEN SUMMER MENU – (As at January 2018)



### 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 &amp; 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 &amp; lunch</i> ) - Homemade hummus, carrot, cucumber, cheese & rice crackers & fruit	4.00

### SALADS

Trays include: Mixed lettuce, Baby Spinach, Rocket, Tomato, Cucumber, Beetroot, Carrot, Egg, Avocado, Red Onion, Cheddar or Feta Cheese 5.00

Proteins as extras: Chicken, Red Salmon, Smoked Salmon, Ham 1.00

Pre-made Salad Box (*iceberg lettuce, Carrot, tomato, cucumber, cheese*) 3.00

*Mix and match any of the above to create your own salad.*

<b><u>SUSHI</u> Monday &amp; Friday only</b>	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
Chocolate Oak 300ml	3.00
Strawberry Oak 300ml	3.00
Plain Milk 500ml	2.00
Plain Milk 250ml	1.00
East Coast Orange Juice 250ml	2.50
East Coast Juice 500ml	3.20
Mount Franklin Lightly Sparkling	3.00
Water 600ml	2.00
Water 750ml	3.00
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

Tuesday, Wednesday, Thursday Wholemeal Roll with chargrilled Chicken Breast, Mayonnaise, Lettuce <u>Extra:</u> Add your own choice of salad	4.00 1.00
--	--------------

### 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, White, Wraps, Rolls ( <i>wholemeal &amp; white</i> ) and Gluten Free also available	0.80
--	------

**ALL BREADS USED IN OUR CANTEEN ARE  
"PRESERVATIVE FREE"**

**SUGGESTIONS:**

**ROLLS - White and Wholemeal**

**WRAPS**

**SANDWICH - White and Wholemeal**

1. Leg Ham, Mustard, Cheddar Cheese & Baby Spinach  
**\$6.00**
  
2. Chicken, Mayo, Avocado & Rocket  
**\$6.00**
  
3. Salmon, Cream Cheese, Red Onion & Mixed Lettuce  
or  
Smoked Salmon, Cream Cheese, Red Onion & Mixed Lettuce  
**\$6.00**
  
4. Avocado, Tomato, Mixed Lettuce, Carrot, Beetroot, Cucumber,  
Red Onion & Feta  
**\$5.00**
  
5. Curried Egg, Mixed Lettuce & Shallots  
**\$5.00**