

CENTRAL COAST GRAMMAR SCHOOL



CANTEEN SUMMER MENU – (as at October 2018)



BREAKFAST

Wholemeal Cheese Toasty	2.00
Wholemeal Raisin Toast	1.00
Fresh Fruit Salad	4.00
Hot Chocolate	2.00
Vaalia Yoghurt	2.00
(Strawberry, Passionfruit, Vanilla)	
Fresh Fruits (Seasonal)	

SNACKS

Coconut Juicies	1.00
(Strawberry, Pineapple, Mango - Dairy, Gluten, Soy, Nut, artificial sweetener/colour & flavouring free)	
Fresh Fruit	Seasonal
Maaria's Spiral Apple Special	1.00
Hot Popcorn	1.50
Ginger Bread babies	1.00
Red Rock Chips	1.50
Grain Waves	1.50
Cheese & Bacon Roll	2.00
Vegemite 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, 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
<u>Proteins as extras:</u> Chicken, Red Salmon, Smoked Salmon, Ham	1.00

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

HOT FOOD

Chicken Breast Nuggets (2 nuggets per pack)	1.00
Pizza Roundas	2.00
Chicken & Corn Roll	2.00
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/Deep Spring	3.00
Water 600ml	2.00
Water 750ml	3.00
Poppers 250ml	1.00

HOT MEAL

Butter Chicken & Rice, Macaroni Cheese, Thai Fried Rice with Chicken, Bolognese Pasta Bake	4.00
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MID WEEK SPECIAL

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

Wholemeal, White, Wraps, Rolls (<i>wholemeal</i> & <i>white</i>) and Gluten Free also available	1.00
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**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