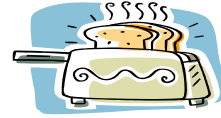


# CENTRAL COAST GRAMMAR SCHOOL

## CANTEEN WINTER MENU – (As at April 2017)



### BREAKFAST

Wholemeal Cheese Toasty	2.00
Wholemeal Raisin Toast	1.00
Vaaliala Yoghurt	2.00
Fresh Fruits (Seasonal)	

### 'EAT' ORGANIC YOGHURT

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

### SNACKS

Fresh Fruit	Seasonal
Smooze Fruit/Coconut Ice	1.00
<i>(Dairy, Gluten, Soy, Nut, colouring, artificial sweetener &amp; flavouring free)</i>	
Maaria's Spiral Apple Special	1.00
Hot Popcorn	1.50
Ginger Bread	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
Biscuit Snack Packs ( <i>Gluten Free</i> )	3.50
Cold Snack Pack ( <i>Available during recess &amp; lunch</i> )	
<i>Homemade hummus, carrot, celery sticks, cheese, rice crackers, cucumber &amp; fruit</i>	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
<i>Mix and match any of the above to create your own salad.</i>	

### HOT FOOD

Chicken Breast Nuggets	1.00
Pizza Roundas	2.00
Chicken & Corn Roll	2.00
Beef Lasagne	3.00
Low Fat Pie	3.50
Low Fat Sausage Roll	2.50
Fried Rice	3.00
Mini Potato Pie	1.00
Macaroni Cheese	3.00

### SUSHI Monday & Friday only

4.00

- Teriyaki Chicken & Avocado
- Salmon & Avocado
- Vegetarian

### SANDWICHES

ALL BREADS USED IN OUR CANTEEN ARE "PRESERVATIVE FREE"

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 / Feta Cheese / Red Onion/Hummus/Mayonnaise/Mustard	0.80
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### Choices of Breads & Rolls:

Wholemeal, Wholegrain, White, Wraps	
Rolls – wholemeal, white	0.80

### MID WEEK SPECIAL

#### Tuesday, Thursday

- Wholemeal roll, chargrilled chicken breast, mayonnaise, lettuce 4.00
- Add your own choice of salad 1.00

#### Wednesday

- Beef & Vege Burger with tomato, lettuce & tomato sauce on brioche bun 4.00

### 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	2.00
East Coast Juice 500ml	3.00
Mount Franklin Lightly Sparkling	3.00
Water 600ml	2.00
Poppers 250ml	1.00