

# CENTRAL COAST GRAMMAR SCHOOL

## CANTEEN WINTER MENU – (As at May 2018)



### BREAKFAST

Wholemeal Cheese Toasty	2.00
Wholemeal Raisin Toast	1.00
Vaaliala Yoghurt	2.00

### SNACKS

Fresh Fruit	1.00
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
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
Low Fat Pie	3.50
Low Fat Sausage Roll	2.50
Mini Potato Pie	1.00
Beef Korma Basmati Rice	4.00
Bolognese Pasta Bake	4.00
Butter Chicken with Rice	4.00
Thai Fried Rice with Chicken	4.00
Macaroni and Cheese	4.00
<b><u>SUSHI</u> Monday &amp; Friday only</b>	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, White, Wraps	
Rolls – wholemeal, white	0.80

### Gluten Free Bread

**1.00**

### MID WEEK SPECIAL

#### **Tuesday, Thursday**

- Wholemeal roll, chargrilled chicken breast, mayonnaise, lettuce 4.00
- Add your own choice of salad 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
Poppers 250ml	1.00