

**STTAP CANTEEN MENU, TERM 1 2020**  
**Open Wednesdays Thursdays and Fridays**

**Uniform shop: Wed 2:30 – 3:30 Thurs 8:30- 9:30 Fri 2:00 – 3:00**

**Sandwiches/Wraps**

[Made with a dairy free spread, on white, wholemeal or a wrap]

Cheese / Baked bean	\$2.50
Boiled Egg / Salad	\$2.50
Chicken / Ham	\$2.80
Mayo / Lettuce / tomato	30c ea
Carrot / cucumber	30c ea
Cheese / Toasting	50c ea

**Salad boxes**

Fruit Salad	\$3.50
Garden	\$3.50
Lettuce, carrot, cucumber, Tomato, balsamic dressing	
Add Chicken, cheese or Ham	\$1 ea

**Drinks**

Bottled water	\$1.50
Cup of milk	\$1.00
Cold Milo	\$1.50
Warm Milo	\$1.50
300ml Moove	\$2.00
Chocolate / Strawberry	
200 ml Just Juice	\$1.50
Apple / Paradise Punch	
Apple Blackcurrant /	
GLEE (available Wednesdays Only)	\$2.50
Bubble Gum Grape/Rockin Raspberry	

**Hot food**

By lunch order only

Corn on the cob	\$1.00
Boiled Egg	\$1.00
Hash Brown	\$1.50
Chicken Tender	\$2.00
Spring Rolls (Bag of 3)	\$2.20
Sausage Roll	\$3.50
Beef Cruizer Pie	\$3.80
Original Macaroni Cheese	\$3.80
Bolognese Pasta	\$3.80
(Made with extra veg, including lentils, zucchini, and carrot)	
Tasty Cheese extra	\$0.50
Vegetable Fried Rice	\$3.50
Chicken & Vegetable Fried Rice	\$3.80
GF Chicken Tender	\$2.00
Dino Nuggets Bag of 4	\$2.60
(available Wednesdays Only)	
Sauce Tomato / BBQ	30c ea

**WEDNESDAY MEAL DEAL**  
**\$6.00**

**5 DINO NUGGETS**

Includes 1 sauce

+

**A FRUIT TUBE**

+

**A BAG OF POPCORN**

+

**GLEE or MOOVE**



Rockin Raspberry/  
Bubble gum grape



Strawberry/  
Chocolate

\*Gluten Free option = 2 GF Tenders

**Frozen Items**

Frozen Fruit	\$0.50
(Pineapple ring / Berries / Oranges)	
Fruit Tube	\$0.50
Frozen Juice Cup	\$1.00
Twisted Frozen Yoghurt 96gm	\$2.00
(Assorted flavours, that <u>may</u> include: Choc & Vanilla, Strawberry & Vanilla Mango & Watermelon Blueberry & Cookie Dough contains <b>egg</b> )	

All Frozen items are Gluten Free

**Counter Sales**

Bag of air popped popcorn	\$0.50
Weetbix mini bites berry	\$0.50
Veggie bag	\$0.50
(Carrot and cucumber sticks)	
Low fat Tasty Cheese Slice	\$0.50
Cup of corn kernals	\$1.00
Cup of baked beans	\$1.00
Seasonal fruit	\$1.00
(Watermelon cup / orange quartered / Apple or pear [slinky upon request] / Banana)	
Canteen Made Fruit Muffin	\$1.00
Subs – recess only	\$1.00
(Cheese pizza/ Baked bean &cheese/ Spinach & cheese)	
Noodle cup	\$1.00
Sunrise mini bites	\$1.00
(Chicken)	
Low fat Greek Yoghurt	\$1.50
Layered with fruit and a canteen made coconut, oat, pepita & maple granola	

**Uniform Shop**

**New Hats**

Legionnaires	\$8.00
Bucket Hats	\$10.00

**New Crested Polo shirt**

Short Sleeve (Worn Terms 1&4)	\$19.00
Long sleeve (Worn Terms 2&3)	\$25.00

**Second hand uniform**

Items in used, good condition	\$5.00
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**Lunch orders by cash**

On a brown paper bag, clearly write your name, class, order and cost. Enclose your money by folding the bag into quarters. **Please no staples or sticky tape.** Correct change is appreciated, where possible. Place the lunch order into the class tub by 9:30. Late or forgotten orders will be filled with an emergency sandwich, made by your child's teacher.

Online ordering

Visit [www.flexischools.com.au](http://www.flexischools.com.au) to create your account. Orders are required to be placed before 8:45am on the day of your order.

Prices are subject to change. All items are subject to availability, every attempt will be made to substitute items of similar product/cost, should an item/ ingredient be out of stock.

**CAN YOU HELP??** If you are able to volunteer even a short amount of time, please email me, or pop in to put your name down on the roster.

Alternately, you can contact me via the front office on 6231 4144

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