

# THE SNACK SHACK MENU Term 3 – 2018

## MONDAY and WEDNESDAY and FRIDAY

Order on Qkr! OR (for a limited time) place your suitably sized paper bag with the correct money into the CANTEEN ORDERS box at the office by 9am

**Sandwiches\*/Rolls/ Wraps** – *(prepared fresh daily at Swiss Bell Bakery, Seaview Shops, on wholemeal bread unless otherwise specified) Wraps available for an extra \$1.20.*

Ham ■	3.90
Chicken ■	3.90
Salad <i>(lettuce, carrot, cucumber, tomato)</i> ■	3.90
Egg & mayonnaise ■	3.90
Cheese ■	2.70
Vegemite ■	2.20

*\*Sandwiches are available toasted for an extra 40c on Mondays only*

**Extras:**

Cheese ■	0.55
Avocado ■	0.90
Mayonnaise ■	0.40
Lettuce, cucumber, tomato, carrot or beetroot ■	0.40 each

### Hot Food

Party Pie Lite ■	1.00
Meat Pie Lite ■	3.50
Vegetarian Fried Rice <i>(gluten free)</i> ■	3.50
NEW Homestyle Sausage Roll ■	3.00
Dim Sim reduced salt <i>(steamed)</i> ■	1.00
Tomato/Soy Sauce ■	0.20 each

### Snacks

Carrot Sticks ■	0.30
Apple/Curly Apple ■	0.80
Orange <i>(cut in quarters)</i> ■	0.80
Bega Tasty Cheese Stick ■	1.00
*Banana Bread ■	1.00
Gluten Free Popcorn <i>(cheese, salt, sweet &amp; salty or salt &amp; vinegar)</i>	1.20
Gluten Free Vege Chips <i>(natural, salt &amp; vinegar, chicken or bbq) (gluten free)</i> ■	1.20
*Cake <i>(chocolate or orange)</i> ■	1.20

### Frozen Snacks\*

*Frozen Yoghurt <i>(mango, strawberry or raspberry)</i> ■	1.80
*Quelch Frozen Fruit Juice Tubes <i>(variety of flavours)</i> ■	0.80
*Frozen Pineapple Ring ■	0.80

*(\*Frozen items, cake, banana bread, cups of milk ordered and paid for with lunch orders can only be redeemed if children bring their lunch order bag back to the canteen during lunchtime)*

### Drinks

*Cup of Fresh Full Cream ■	0.50
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■ Green – every day food – best choice

■ Amber – occasional food - choose carefully

■ Red – eat these rarely – limit these to twice a term