

CHEESE AND TOASTIE

Covenant Christian School Canteen

Menu - 2018

SOMETHING HEALTHY

\$1.50 (S) \$3.00 (M) **G G/F**

Yoghurt & muesli

\$1.50 (S) \$3.00 (M) **G G/F**

Yoghurt & muesli

\$1.00 **G**

Fresh seasonal fruit

\$2.50 **G G/F**

Fresh fruit salad cup

\$2.50 **G G/F**

Watermelon cup

\$4.00 **G**

Maple chai seed pudding cup

\$1.50 **G**

Slinky apple

SUSHI

\$3.80 **G**

Sushi rolls

Cooked tuna, teriyaki chicken, teriyaki beef,
raw salmon, chicken schnitzel, tofu veggie

\$3.80 **G**

Sushi baby box

Cooked tuna, teriyaki chicken, cucumber

\$3.80 **G**

Rice Paper Roll (1)

Chicken or vegetarian

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BURGERS

\$6.00 A	Pulled Pork Burger (Mon & Tue)
\$5.00 A	Chicken Caesar Burger (Mon & Tue)
\$5.00 A	Sweet chilli chicken Burger (Wed & Thur)
\$5.00 A	Cheese Burger (Wed & Thur)
\$5.50 A	Steak Burger (Fri)

HOT LUNCH

\$4.00 (M) \$4.50 (L) G G/F V	Vegetarian Fried Rice
\$4.50 (M) \$5.50 (L) G G/F	Fried Rice with chicken
\$4.50 (M) \$5.50 (L) G	Pesto chicken pasta (no nuts)
\$4.50 (M) \$5.50 (L) G	BBQ Pork spaghetti
\$4.50 (M) \$5.50 (L) G	Poached chicken noodle soup
\$4.50 (M) \$5.50 (L) G	Chicken & sweet corn with rice
\$4.50 (M) \$5.50 (L) A V	Macaroni cheese
\$4.50 (M) \$5.50 (L) A	Japanese chicken curry with rice
\$3.20 (M)	Rice, seaweed and soy sauce

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SANDWICH BAR

All made with wholemeal bread & margarine

\$1.00 extra	Wraps, Gluten Free bread & added salad
\$1.80 G	Honey / Vegemite / Jam
\$2.50 G	Cheese
\$2.50 G	Plain tomato
\$3.50 G	Cheese & tomato
\$2.50 G	Smoked ham
\$3.00 G	Smoked ham & cheese
\$3.20 G	Roast chicken
\$3.50 G	Roast chicken & cheese
\$3.80 G	Roast chicken, lettuce & mayo
\$3.80 G	Salad

SOUP

\$5.00 G	Pumpkin soup with a garlic bread
\$5.00 G	Sweet corn, veggies, chicken or crab meat soup
\$3.00 G	Clear chicken broth

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SALADS

\$4.00 (M) \$5.00 (L) G

Garden Salad

\$4.80 (M) \$5.80 (L) G

Chicken Caesar Salad

\$4.80 (M) \$5.80 (L) G

BBQ pork & apple salad

\$4.80 (M) \$5.80 (L) G

Chicken mango salad

\$4.80 (M) \$5.80 (L) G

Chai seed herb roasted chicken salad

\$4.80 (M) \$5.80 (L) G

Grilled haloumi pumpkin salad

HOT BITES

\$4.00 A

Beef meat pie

\$6.00 A G/F

Beef meat pie G/F

\$3.20 A

Sausage roll

\$5.00 A G/F

Sausage roll G/F

\$2.40 A

Chicken gougon nuggets (4)

\$3.20 A

Hot dog roll with tomato sauce

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DRINKS

\$2.20 G	Bottled water 600ml
\$2.00	Plain milk 300ml
\$1.80 G	Just Juice box
\$2.80 G	Flavoured milk 300ml
\$2.80	Waterfords flavoured mineral water
\$2.50	Glee juice bubbles
\$2.00 G	Hot chocolate
\$3.50	Nestle Iced Tea

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SNACKS & FROZEN TREATS

\$1.00 G	Frozen real fruit pieces
\$0.70 G	Frozen real watermelon wedge
\$1.20 G	Frozen fruit juice cup
\$1.20 A	Frozen snap apart
\$1.50	Seaweed pack
\$3.80 G	Anytime snack box
\$0.70	Seaweed crackers
\$1.80 G/F	Cheese & crackers
\$2.00	Veggie sticks with hommus
\$1.50	Popcorn bag
\$1.00	Assorted homemade energy balls
\$2.50 A	Homemade muffins
\$2.00 A	Pancakes (3) with maple syrup
\$1.50 A	Banana Bread (half slice) with margarine

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HEALTHY FOOD GUIDELINES

Green

G

Amber

A

Gluten Free

G/F

Vegetarian

V

Small and Medium sized items are suitable for Junior students

Some foods may not be available and may change according to weather, season or school events.