

## MONDAY

### NACHO BOWL \$6

Corn chips topped with home made sauce with 5 hidden veggies and lean beef mince, lettuce, sour cream & cheese

### VEGGIE PIZZA \$2

Grilled english muffin topped with tomatoes, basil & cheese - add 50c for ham

## WEDNESDAY

### SPAGHETTI BOLOGNESE \$6

Home made sauce with 5 hidden veggies and lean beef mince, topped with cheese  
\*GF pasta option available.

### CHICKEN BURGER \$4

w. lettuce & mayo

## FRIDAY

### CHICKEN GOUJONS 60c each, 6 max

- add \$1.50 for veggie snack pack

### SUSHI \$4 (PRE-ORDER WEDNESDAY)

Chicken or Tuna w. Cucumber\*  
Vegetarian

\* Avocado will not be an option this term due to high prices.  
Sushi is freshly made by SHIKOKU in Kareela on Friday morning.

## ALL WEEK MENU

### GARDEN SALAD - LARGE \$5 SMALL \$3

Mixed leaves, tomato, cucumber & grated carrot  
- add \$1 Chicken, Tuna, or hard boiled egg  
- add \$1 Brown Rice, Quinoa or Chickpeas

### WHOLEMEAL ROLL \$5

### SANDWICH \$3 OR WRAP (GF) \$4

Salad (Lettuce, tomato, cucumber, carrot)  
- add 50c Cheese  
- add \$1 Chicken, Ham or Tuna

### SANDWICH

Vegemite, Cheese, Baked beans or Honey \$2

### TOASTIES

Cheese \$2  
Ham & Cheese \$2.50  
Ham, Cheese & Tomato \$3

### SPINACH & RICOTTA PASTIZZI (2) \$1.50

### VEGGIE SNACK PACK \$1.50

Cherry Tomatoes, Carrot & Cucumber sticks  
- add hummus (homemade) 50c

### FRUIT & SNACKS

Apple or Orange \$1.20  
Frozen grapes cup 50c  
Fresh fruit salad cup (seasonal fruit) \$2  
Greek yogurt & honey \$2  
Greek yogurt, honey & fresh fruit \$4  
SAOs w. Cheese or Vegemite (2) 50c  
Rice thins w. Cheese or Vegemite (2) 50c  
Raisin toast \$1  
Banana muffin (Homemade & GF) \$2  
Anzac biscuit 20c

### DRINKS

Fresh Milk \$1  
Nudie juices - Apple, Tropical or Orange \$2  
Nippy's chocolate or strawberry milk \$2.50

### TREATS

Breadsticks \$2  
Popcorn, Pretzels or Rice crackers \$1  
Yogo snap 50c (max 4)  
Quelch icy pole 50c  
Lemonade or Raspberry icy pole \$1  
Strawberry or Mango frozen yogurt \$2

### PLEASE NOTE

Canteen is open at **11am** for lunch on Monday, Wednesday & Friday

To order please go to  
**[www.quickcliq.com.au](http://www.quickcliq.com.au)**  
(formerly ouronlinecanteen)

Online orders close at **8.45am**

Insulated lunch bag available at the canteen for \$15

Paper Lunch bag 20c

Friday Sushi has to be **pre-ordered on WEDNESDAY** for a Friday delivery

All proceeds made by the canteen go back to the school. Should you have any suggestions, questions or concerns regarding the canteen please contact the P&C on [canteen@jepspandc.org.au](mailto:canteen@jepspandc.org.au) or attend the next P&C meeting held every school term. **Thank you!**