

JEPS CANTEEN **WINTER MENU** Term 2 & 3 2018

MONDAY

NACHO BOWL \$6

Corn chips topped with home made sauce, lettuce, sour cream & cheese

FRIED RICE \$4

Rice with mixed veggies, egg & ham



WEDNESDAY

SPAGHETTI BOLOGNESE \$6

Home made sauce topped with cheese
*GF pasta & VEG sauce option available.

CHICKEN BURGER \$4

w. lettuce & mayo

PUMPKIN SOUP CUP (HOMEMADE) \$2



FRIDAY

CHICKEN GOUJONS 60c each, 6 max

- add \$1.50 for veggie snack pack

SAUSAGE ROLL (HOMEMADE) \$2.50



ALL WEEK MENU

GARDEN SALAD \$4

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 \$2

Vegemite, Cheese, Ham, Honey **or** Strawberry Jam

TOASTIES

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

ENGLISH MUFFIN VEGGIE PIZZA \$2

- add 50c for ham

SPINACH & RICOTTA PASTIZZI (2) \$1.50

VEGGIES (CHOOSE 1) 50c

Carrot, Cucumber, Red Capsicum sticks **or** Cherry Tomatoes
Veggie Snack Pack (all 4 veggies) \$1.50
- add hummus 50c - add jatz 50c

FRUIT & SNACKS

Apple, Mandarin **or** Pear \$1
Frozen grapes cup 50c
Fresh fruit salad cup (seasonal fruit) \$2
Greek yogurt & honey \$2
Greek yogurt, honey & fresh fruit \$2.50
SAOs w. Cheese **or** Vegemite (2) 50c
Rice thins w. Cheese **or** Vegemite (2) 50c
Raisin toast (2) \$1
Fruit & Oat muffin (Homemade) \$1
Apple Pastizzi (1) \$1
Anzac biscuit (max.2) 20c



DRINKS

Fresh Milk \$1
Juices - Apple, Tropical **or** Orange \$2
Chocolate **or** S'berry milk \$2.50
Hot Chocolate \$2

TREATS

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



NOW OPEN FOR FRUIT BREAK!



Fruit and Veggies ONLY

Over the counter sales **or** pre-order online (Fruit Break Tab)

Apple, Mandarin **or** Pear \$1

Carrot, Cucumber, Red Capsicum sticks **or** Cherry Tomatoes 50c

Veggie Snack Pack (all 4 veggies) \$1.50 - add hummus 50c, add jatz 50c

FRESH SEASONAL FRUIT & VEGGIES WILL BE AVAILABLE FOR OVER THE COUNTER SALES

PLEASE NOTE

Canteen is open at **11am** for lunch and **1.15pm** for fruit break on Monday, Wednesday & Friday

To order please go to www.quickcliq.com.au. Online orders close at **8.45am**

Friday Sushi will be back in Term 4.

Please join the JEPS Canteen Facebook group.

All proceeds made by the canteen go back to the school. Should you have any suggestions, questions or concerns please contact the P&C on canteen@jepspandc.org.au or attend the next P&C meeting. **Thank you!**