

CRUNCH CAFÉ – TERM 1 2019

Available Every Canteen Day – M, W, F		Canteen Daily Specials	
SUPER SNACKS		MONDAY	
Breadsticks	0.20	Nachos	4.50
Plain Chips	1.00	+ sour cream	0.50
Cup of Boiled Brown Rice & Tamari Sauce	0.80	WEDNESDAY	
Popcorn	1.00	Wedges	3.50
Gingerbread Person (G/F available)	2.00	+ sour cream	0.50
Mini Muffins	0.50	+ sour cream & sweet chilli sauce	0.50
SANDWICHES – Wholemeal bread only		Chicken tenderloin wrap	4.50
Vegemite	1.50	+ <i>gluten free available</i>	
Tasty Cheese	2.00	FRIDAY	
Ham	3.00	Thai fried rice	4.50
Tuna	3.00	+ with chicken	0.50
		Spanish chorizo & chicken paella (<i>gluten free</i>)	6.50
*Extras		EXTRAS	
Lettuce / Mayonnaise	0.20	Carrot & Cucumber Sticks	0.50
Tomato	0.50	Apple Spiral	1.00
Cheese	0.60	DRINKS	
Egg	0.75	Nudie Tropical Juice	2.00
*Extras		Nudie Apple Juice	2.00
Wholemeal roll	1.00	Nudie Orange Juice	2.00
Gluten free bread	0.70	Plain Milk	1.20
Wrap	0.70	Plain Milk with Chocolate Sippah Straw	2.00
SUSHI		Plain Milk with Strawberry Sippah Straw	2.00
Large Sushi Roll	3.70	ICE TREATS (Lunch time only)	
Plain Tuna, Teriyaki Chicken, Tuna & Avocado or Salmon & Avocado		Frozen Orange	0.20
Large Sushi Roll (w/ brown rice)	4.20	Frozen Pineapple Ring	0.50
Tuna & Avocado or Teriyaki Chicken		Frozen Fruit Cup	0.50
Baby Sushi	3.70	Bulla Ice Cream Cup	1.00
Avocado, Cucumber or Tuna		Juicies – Wildberry, Tropical, Lemonade	1.00
Mixed box: Tuna, Avocado & Cucumber		Moosies – Chocolate, Strawberry	1.00
Rice Paper Rolls Pack – 2 per box	5.50	MONDAY – WEDNESDAY - FRIDAY	
Teriyaki Chicken		Salad bowl	4.00
Salmon Nigiri – 3 piece	3.70	+ add chicken	1.00
Salmon Nigiri – 5 piece	5.50	+ add ham	1.00
HOT OPTIONS		+ French dressing	0.50
Millins Sausage Rolls	4.00	Order your child's lunch via QKR.	
Spinach & Ricotta Roll	2.50	Download the QKR App to your phone	
Tomato Sauce	0.20	Orders close at 8.55 am on the day of ordering.	
Toasted Sandwich – Wholemeal Bread			
Cheese toasted sandwich	2.50		
Ham toasted sandwich	3.50		
*Extras			
+ tomato	0.60		
+ GF Bread	0.70		
+ cheese	0.60		