

# CRUNCH CAFÉ – TERM 1 2020

Available Every Canteen Day – M, W, F	
<b>SUPER SNACKS</b>	<b>\$</b>
Mini pretzels	1.00
Mixed berry and Greek yoghurt pot	1.00
Popcorn	1.00
Homemade Banana Bread (half slice \$1)	2.00
Mini Muffins	0.50
Hard Boiled Egg	0.50
Brazilian Cheese Balls	1.00
Cookies	0.50
<b>SANDWICHES – Wholemeal bread only</b>	<b>\$</b>
Vegemite	1.50
Tasty Cheese	2.00
Ham	3.00
Tuna	3.00
Salad	3.00
<i>*Extras</i>	
Lettuce / Mayonnaise	0.20
Tomato	0.50
Cheese	0.60
Egg	0.75
<i>*Extras</i>	
Wholemeal roll	1.00
Gluten free bread	0.70
Wrap	0.70
<b>SUSHI</b>	<b>\$</b>
<b>Large Sushi Roll</b>	4.10
Plain Tuna, Teriyaki Chicken,	
Tuna & Avocado or Salmon & Avocado	
<b>Large Sushi Roll (w/ brown rice)</b>	4.20
Tuna & Avocado or Teriyaki Chicken	
<b>Baby Sushi</b>	3.70
Avocado, Cucumber or Tuna	
Mixed box: Tuna, Avocado & Cucumber	
Salmon Nigiri – 3 piece	3.70
Salmon Nigiri – 5 piece	5.50
<b>HOT OPTIONS</b>	<b>\$</b>
Millins Sausage Rolls	4.00
Tomato Sauce	0.20
<b>Toasted Sandwich – Wholemeal Bread or wrap</b>	
Cheese toasted sandwich	2.50
Ham toasted sandwich	3.50
<i>*Extras</i>	
+ tomato	0.60
+ GF Bread	0.70
+ cheese	0.60

Canteen Daily Specials	
<b>MONDAY</b>	<b>\$</b>
Nachos + sour cream	4.50 0.50
<b>WEDNESDAY</b>	<b>\$</b>
Homemade Pizza	
+ Cheese	3.50
+ Bacon and Cheese	4.00
+ Ham and pineapple	4.00
<b>FRIDAY</b>	<b>\$</b>
Caesar Salad	4.50
+ Chicken	.50
+ In a Wrap	.70
+ Vegetarian option available	
<b>EXTRAS</b>	<b>\$</b>
Carrot & Cucumber Sticks	0.50
Apple Spiral	1.00
<b>DRINKS</b>	<b>\$</b>
Plain Milk	1.20
Emma & Tom Chocolate & Strawberry Milk	2.00
Remedy Kombucha	2.20
<b>ICE TREATS (Lunch time only)</b>	<b>\$</b>
Frozen Orange	0.20
Frozen Fresh Pineapple Ring	0.50
Frozen Fruit Cup	0.50
Bulla Ice Cream Cup	1.00
Juicies – Wildberry, Tropical & Orange	1.00
Smoozes – Mango, Guava & Pineapple	1.00
<b>MONDAY – WEDNESDAY - FRIDAY</b>	<b>\$</b>
Salad bowl	4.00
+ add chicken	.50
+ add ham	.50
+ French dressing	.50
Fruit salad	3.50
+ Greek yoghurt	.50

Order your child's lunch via QKR.  
Download the QKR App to your phone  
Orders close at 8.55 am on the day of ordering