

Tomorong Public School Canteen

Summer Menu Term 1 2020



Sandwiches – wholemeal bread (Roll or Wrap also available)

Vegemite	\$2.00
Cheese	\$2.50
Egg	\$3.00
Ham / Chicken / Tuna or Salad (+meat add \$1)	\$3.50

Extras: 50c ea

- Lettuce
- Carrot
- Tomato
- Cucumber
- Beetroot
- Cheese
- Avocado

Toasting available (no charge)

GLUTEN FREE AVAILABLE – Please notify on lunch order bag

Sauces available – Mayo, BBQ, Tomato or Sweet chilli

Full Salad: add \$1.00

Sushi Rolls - rice and seaweed wraps served with soy sauce

Grilled Chicken + cucumber, carrot and avocado GF	\$4.50
Tuna + cucumber, carrot and avocado GF	\$4.50



Salad Bowls

Garden Salad – Lettuce, carrot, tom, cucumber, beet & cheese GF	\$4.00
Lamb Salad – Homemade tabouli, lettuce, lamb kofta and tzatziki ..	\$5.00
Sweet potato salad – Roasted swt potato, chickpeas, cous cous, cucumber and tomato, served with tzatziki	\$5.00



Hot Food

Macaroni Cheese	\$4.00
Pasta Bolognaise	\$4.00



Burgers

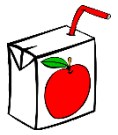
Grilled Chicken Breast + lettuce, cheese & mayo	\$4.50
Grilled Beef + lettuce, cheese & BBQ sauce	\$4.50
Vegetarian Burger + lettuce, cheese + tom sauce	\$4.50



Gourmet Lamb Burger + tabouli, cheese & tzatziki	\$5.00
Gourmet Chicken Burger + homemade coleslaw and cheese	\$5.00

Drinks

Juice – Orange, apple or Apple & blackcurrant GF	\$1.00
Hot or Cold Milo	\$1.50
Flavoured Milk – Chocolate or Strawberry	\$2.00



Frozen Treats – Available Lunchtime only

99% juice frozen Quelch Sticks GF	80c
Juicy Cups – Apple & Black Currant GF	\$1.00
Bulla Vanilla Ice-cream Cups GF	\$1.50
Twisted Frozen Yoghurt Cups GF	\$2.00



- Watermelon & Mango
- Chocolate & Vanilla Bean
- Strawberry & Vanilla Bean
- Blueberry & Cookie Dough

Recess

Assorted snacks ranging from **30c to \$1.00**

Different items available each day

(For example) –

Frozen half poppers	50c
Cheese & tomato crackers	30c
Frozen yoghurt pots	\$1.00
Jelly or custard cups	50c
Spaghetti pizza	\$1.00
Homemade sweet or savoury muffins	80c
Fresh fruit stick	30c
Sushi Bites	\$1.00



CANTEN OPEN TUESDAYS & FRIDAYS

