

TAMWORTH PUBLIC SCHOOL LUNCH CENTRE

Canteen Manager - Lou Schalk 67664550



MENU



SNACKS

Fresh Fruit (Seasonal)	\$1.00
Boiled Egg	50 cents
Brown Rice Crackers (4 pack) GF	50 cents
Cheese Slices (4 pack)	50 cents
Hommus Dip	\$1.00
Carrot Sticks (6 pack)	50 cents
Messy Monkey Cereal (assorted flavours) GF	\$1.00
Jelly Cup – 99% Fruit Juice	\$1.00
Custard Cup	\$1.00
Jelly & Custard	\$1.00
Yogurt Cup – Small	\$2.50
Large	\$4.00
Add Muesli	
Yogurt & Berry Cup – Small	\$2.50
Large	\$4.00
Add Muesli	
Chips 28 grams – Sea Salt	\$1.50
Grain Waves (Sour Cream & Chives)	

DRINKS

Plain Milk	\$1.00
Warm Milo	\$1.50
Water 600ml	\$2.00
Flavoured Milk 300ml - Chocolate	\$3.00
Strawberry	
Up & Go 250ml – Chocolate	\$3.00
Vanilla Ice	
Juice Popper 200ml – Orange	\$2.50
Apple	
Apple/Blackcurrant	
Paradise Punch	
Chill J Fizzy 250ml – Raspberry	\$3.00
Grape	
Orange & Passio	

SALAD BOWLS

Create your own	\$2.00
All salad tubs include Lettuce, then options to add the following for	50 cents each
Cherry tomato, Cucumber, Spanish onion, Beetroot, Pineapple, Carrot, Cheese cubes, Croutons & Egg.	
Add Chicken	\$2.00
Add Ham	\$1.50
Add Tuna	\$3.00
Add Salad dressing	50 cents
Balsamic, Mayo, Honey Mustard or Italian.	
Caesar Salad	\$5.00
Lettuce, Egg, Diced Bacon, shaved Parmesan Cheese & Herb & Garlic Croutons	
Add Chicken	2.00

ICYPOLES

Quelch 99% Juice	60 cents
Juicies (Tropical, Lemonade & Wildberry)	\$1.60
Homemade Icy poles – (Chocolate or Strawberry)	\$1.00
Snap Icy poles	\$1.00
Bulla Ice Cream Cups	\$1.50

SANDWICH /ROLLS or WRAPS

Vegemite	\$2.00
Cheese	\$2.00
Jam	\$2.00
Egg	\$2.50
Salad	\$5.00
Lettuce, Tomato, Cucumber, Onion, Beetroot, Pineapple, Carrot & Cheese	
Chicken	\$4.00
Chicken Salad	\$7.00
Ham	\$3.50
Ham Salad	\$6.50
Tuna	\$5.00
Tuna Salad	\$8.00

Extra's

	50 cents
Lettuce, Tomato, Cucumber, Spanish onion, Beetroot, Carrot	
Cheese, Egg & Pineapple.	
Toasted	50 cents
Rolls & Wraps	\$1.00 Extra
2 x Slices Bread	\$1.00
Cruskits (2)	\$2.00
Choice of Vegemite or Sliced Cheese	

HOT FOOD

Dino Snacks (pack 4)	\$2.50
Chicken Nuggets GLUTEN FREE (pack 4)	\$3.00
Fish fingers (pack 4)	\$2.50
Yummy Drummy (1)	\$2.00

Sauce Sachets (Tomato, BBQ or Sweet & Sour)	50 cents
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Pizza Slice (Homemade)	\$4.50
Ham & Cheese, Ham & Pineapple, Vegetarian, Chicken & Cheese or Cheese	

Flamegrilled Chicken Burger with Lettuce & Mayo	\$5.00
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Extra's

	50 cents
Tomato, Cucumber, Spanish onion, Beetroot, Carrot, Cheese & Pineapple	

Hamburger with Cheese	\$5.00
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Choose Tomato or BBQ sauce

Extra's

	50 cents
Lettuce, Tomato, Cucumber, Spanish onion, Beetroot, Carrot & Pineapple	

Pasta Bolognese (Homemade)	\$5.00
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Fried Rice (Homemade) VEGETARIAN	\$4.00
Add Chicken	\$2.00

SNACK PACKS

Dino Snacks & Salad	\$7.00
Chicken Nuggets GF & Salad	\$7.00
Fish Fingers & Salad	\$7.00

All salad tubs include Lettuce, Cherry tomato, Cucumber, Onion, Beetroot, Pineapple, Carrot, Egg & Cheese cubes.	
Add Salad dressing	50 cents

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