

TAMWORTH PUBLIC SCHOOL LUNCH CENTRE
Canteen Manager - Lou Schalk 67664550



MENU



<u>SNACKS</u>	
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
Cereal Bags 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)	

<u>DRINKS</u>	
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 250ml – Orange	\$3.00
Apple	
Apple/Blackcurrant	
Paradise Punch	
Chill J Fizzy 250ml – Raspberry	\$3.00
Grape	
Orange & Passio	

<u>SALAD BOWLS</u>	
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	\$3.00
Add Ham	\$1.50
Add Tuna	\$2.00
Add Salad dressing	50 cents
Balsamic, Mayo or Honey Mustard	
Caesar Salad	\$5.00
Lettuce, Egg, Diced Bacon, shaved Parmesan Cheese & Herb & Garlic Croutons	
Add Chicken	\$ 3.00

<u>ICYPOLES</u>	
Quelch 99% Juice	60 cents
Juicies (Tropical & Wildberry)	\$2.00
Homemade Icycoles – (Chocolate or Strawberry)	\$1.00
Bulla Ice Cream Cups	\$2.00
Twisted Frozen Yogurt Cup	\$3.00

<u>SANDWICH FILLINGS</u>	
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
Ham	\$3.50
Tuna	\$4.00
Make using a Roll or Wrap	50 cents
<u>Extra's</u>	50 cents
Lettuce, Tomato, Cucumber, Spanish onion, Beetroot, Carrot	
Cheese, Egg & Pineapple.	
Toasted	50 cents
2 x Slices Bread	\$1.00
Cruskits (2)	\$2.00
Choice of Vegemite or Sliced Cheese	

<u>HOT FOOD</u>	
Dino Snacks (pack 4)	\$2.50
Chicken Nuggets GLUTEN FREE (pack 4)	\$3.00
Fish fingers (pack 4)	\$2.50
Sauce Sachets (Tomato, BBQ or Sweet & Sour)	50 cents
** WHY NOT ADD A SALAD BOWL TO MAKE A MEAL	

<u>BURGERS</u>	
Flamegrilled Chicken Burger	\$5.00
Option to add Mayo and Salad Items	
Hamburger	\$4.50
Option to add Cheese and Salad Items	
<u>Extra's</u>	50 cents
Lettuce, Tomato, Cucumber, Spanish onion, Beetroot, Carrot, Pineapple & Cheese	

<u>HOMEMADE</u>	
Pizza Slice (Homemade)	\$4.50
Ham & Cheese, Ham & Pineapple, Chicken & Cheese or Cheese	
Pasta Bolognaise (Homemade)	\$5.00
Option to add Cheese	50 cents
Fried Rice (Homemade) VEGETARIAN	\$4.00
Add Chicken	\$3.00

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