

PAMBULA PUBLIC SCHOOL CANTEEN MENU - TERM 3, 2018

MONDAY MENU

Sandwiches/Rolls

		Toasted
Vegemite	\$1.70	\$1.90
Cheese	\$2.30	\$2.50
Ham	\$2.50	\$2.70
Ham/Cheese	\$2.80	\$3.00
Tomato/Cheese	\$2.60	\$2.80
Ham/Tomato/Cheese	\$3.30	\$3.50
Chicken	\$3.00	\$3.20
Chicken/Cheese	\$3.70	\$3.90
Chicken Salad	\$5.00	
Ham Salad	\$4.30	
Salad/Cheese	\$4.00	
Rolls Extra	.70	
Cheese Extra	.50	
Mayonnaise	.30	
Tomato Sauce	.20	

Gluten Free Bread Extra \$1.00

Hot Food

Honey & Soy Chicken Wing	
With Rice	\$3.50 New
Vegetarian Sausage Roll	\$3.00
Sausage Roll	\$3.00
Spaghetti Bolognese	\$3.50
Beef Burrito	\$3.70 New
(With Lettuce, Tomato & Cheese)	

WEDNESDAY MENU

Sandwiches/Rolls

		Toasted
Vegemite	\$1.70	\$1.90
Cheese	\$2.30	\$2.50
Ham	\$2.50	\$2.70
Ham/Cheese	\$2.80	\$3.00
Tomato/Cheese	\$2.60	\$2.80
Ham/Tomato/Cheese	\$3.30	\$3.50
Chicken	\$3.00	\$3.20
Chicken/Cheese	\$3.70	\$3.90
Chicken Salad	\$5.00	
Ham Salad	\$4.30	
Salad/Cheese	\$4.00	
Rolls Extra	.70	
Cheese Extra	.50	
Mayonnaise	.30	
Tomato Sauce	.20	

Gluten Free Bread Extra \$1.00

Hot food

Honey & Soy Chicken Wing	
With Rice	\$3.50 New
Vegetarian Sausage Roll	\$3.00
Sausage Roll	\$3.00
Chicken Burger Plain	\$3.20
Chicken Burger (Mayo)	\$3.50
Chicken Burger - Lettuce	\$3.70
Chicken Burger Hawaiian	\$4.50
Chicken Burger w/- Salad	\$5.00
Nacho Potato	\$4.50
(Nacho meat & beans, sour cream & cheese)	
Spaghetti Bolognese	\$3.50

FRIDAY MENU

Sandwiches/Rolls

		Toasted
Vegemite	\$1.70	\$1.90
Cheese	\$2.30	\$2.50
Ham	\$2.50	\$2.70
Ham/Cheese	\$2.80	\$3.00
Tomato/Cheese	\$2.60	\$2.80
Ham/Tomato/Cheese	\$3.30	\$3.50
Chicken	\$3.00	\$3.20
Chicken/Cheese	\$3.70	\$3.90
Chicken Salad	\$5.00	
Ham Salad	\$4.30	
Salad/Cheese	\$4.00	
Rolls Extra	.70	
Cheese Extra	.50	
Mayonnaise	.30	
Tomato Sauce	.20	

Gluten Free Bread Extra \$1.00

Hot Food

Honey & Soy Chicken Wing	
With Rice	\$3.50 New
Hamburgers	
Cheese Burger	\$4.00
(Patty, Cheese & Sauce)	
Hawaiian Burger	\$4.50
(Patty, Cheese & Pineapple)	
Plain Burger	\$5.00
(Patty, Cheese, Lettuce, Tomato, Beetroot & Sauce)	
Vegetarian Sausage Roll	\$3.00
Sausage Roll	\$3.00
Spaghetti Bolognese	\$3.50

CANTEEN OPEN MONDAY WEDNESDAY FRIDAY

SNACKS

(Sold at recess)

Selections of homemade items are available at recess. Snacks are priced at 70¢ - \$1.30

Recess snacks can only be purchased during recess; please do not order these items for lunch

REUSABLE LUNCH BAGS \$8



DRINKS

(Sold at recess & lunch)

Water (600ml)	\$1.60
100% Juice Popper	\$1.60
(Orange, paradise punch, apple & apple blackcurrant)	
Chocolate/Strawberry Milk	\$2.10
Plain White Milk	\$1.50

ICECREAMS

(Sold at lunch)

Frozen Yoghurt	\$2.00
Paddle Pop	\$1.50
Bulla Light	
Ice-cream Bucket	\$1.50
Frozen Fruit Cup	.80
Quelch Tube	.60
Twisted Frozen Yoghurt	\$2.00
Frozen Milk	.50

Please Note - if your child orders an ice cream it will not be put in their lunch bag. They must bring the lunch bag to the canteen to collect the ice cream.

ALL RECESS AND LUNCH ITEMS ARE HOMEMADE IN OUR SCHOOL CANTEEN MADE FROM SCRATCH UTILISING OUR SCHOOL KITCHEN GARDEN WHEN POSSIBLE.

WE ALSO USE BAKER'S DELIGHT BREAD AND ROLLS WHICH ARE PRESERVATIVE FREE AND FULL OF GOODNESS

The School Canteen can only operate as successfully as it does, producing a variety of nutritious homemade food with the valued support of our volunteers, who all do a fantastic job for our School. If you wish to become a volunteer in the Canteen please contact Joanne Blanch, Canteen Manager on 0448 689 029 or Email joanne.blanch@yahoo.com.au

Alternatively you can call the School on 6495 6006. The Canteen is open on a Monday, Wednesday and Friday 9.30-2.00 and requires 2 volunteers to assist in preparing and selling food for each canteen day.