

Breakfast (8am to 9am)

Raisin toast	\$1.50
Banana bread	\$3.00
Up 'n' go drink	\$2.50

Snacks

Finger buns	\$1.50
Muffins	\$3.50
Cheese & Bacon roll	\$2.00
Yoghurt	\$2.00
Jelly cup	\$2.00
Mousse	\$1.50
Fruit - apple, banana, pear	\$1.00
Sultanas / sesame snacks	80¢
Sushi –available Mon, Tue, Thu & Fri	\$3.50
Chicken/avocado	
Chicken Schnitzel	
Prawn, Salmon, Tuna	

Drinks

Poppers	\$1.50
Milk 300ml / 600ml	\$1.50/\$2.00
Oak milk 300ml / 600ml	\$2.00/\$3.50
Ice Break or Just Natural	\$3.50/\$3.00
Ice Tea drinks	\$3.50
80/20 Juice	\$3.00
Water 600ml	\$2.50
Deep spring mineral water	\$3.50

Rolls/ Sandwiches/ Wraps

Rolls

Unbuttered / buttered	\$1.00/\$1.50
Lettuce + mayo	\$2.00
Cheese + salad	\$4.50
Ham Cheese & Salad	\$5.00

Sandwiches

Egg, mayo + lettuce	\$4.00
Tuna, mayo, cucumber + lettuce	\$4.00
Salad + beetroot	\$4.00
Ham Cheese & Salad	\$5.00

Wraps

Chicken, lettuce, avo + mayo	\$5.50
Chicken Caesar	\$5.50
Falafel, tabouli + hummus	\$5.50

Toasted

Cheese / spaghetti / baked beans	\$2.00
Cheese + tomato	\$2.50
Ham + cheese	\$4.00
Chicken + cheese	\$4.00
Ham, cheese + tomato	\$4.50

We can make any sandwich, roll or wrap to order with your favourite fillings

Extra fillings e.g. beetroot, etc 50¢ each
Egg, Avocado \$1.00

Burgers (not available Wed)

Hamburger & salad	\$5.00
Sweet chilli chicken burger	\$5.00
Veggie burger	\$4.50

Hot Food

Hot Rolls - Garlic	\$1.50
- Cheese	\$2.00
- Cheese & Tomato	\$2.50
Chilli Chicken Tender	\$1.50
Chilli Chicken Tender & buttered roll	\$3.00
Chilli Chicken Tender & unbuttered roll	\$2.50
Pizza Subs (Morning Tea Only)	\$3.00
Pasta Bolognese	\$3.50
Pasta Napolitana	\$3.50
Beef Lasagne	\$3.50

Salads

Garden salad – every day	\$4.50
Caesar salad	\$5.50
Greek Salad – pre-order only	\$5.50

Daily Specials

Mon	Beef Burger	\$5.00
	Burritos- bean/chicken	\$4.50/\$5.00
Tues	Nachos – vegetarian	\$5.00
	Nachos – meat	\$5.50
	Satay stick & Rice	\$5.00
Wed	Traveller Pie	\$3.50
	Spinach roll	\$4.50
Thur	Curry of the Day	\$5.50
	BLT – bacon, lett & tom	\$5.00
Fri	Nachos – vegetarian	\$5.00
	Nachos – meat	\$5.50
	Chicken sausage in roll	\$3.50

Please check our white board for other daily specials including salad of the day, special stir fries etc.

Remember to avoid waiting and to get the best choices pre-order your lunch before school or at recess. Bags are provided.

Volunteers are always welcome. Please call the canteen on 9939 7835 or download a form from our website
http://manlypandc.org.au/?page_id=20

