

# ST PAUL'S CANTEEN

## ELC Menu

### BEVERAGES

Pure Milk Box **EF** \$1.50

### SNACKS

Muesli Cookies (oats, dried fruit, seeds) **DF V EF** \$1.50

Protein Balls **GF DF V EF** \$2.00  
(dates, coconut, pepita, sunflower seeds)

Muffins **DF V EF** \$3.00  
(changes weekly, i.e. blueberry and banana sugar free)

Fruit Salad **GF V EF** \$2.50  
(with Greek yoghurt)

Fruit Salad **GF DF V EF** \$2.50  
(without Greek yoghurt)

Vegetable Sticks with Hommus Dip **GF V EF** \$3.00  
(carrot, cucumber, celery and capsicum)

Vegetable Sticks with Tzatziki Dip **GF V EF** \$3.00  
(carrot, cucumber, celery and capsicum)

### EVERYDAY LUNCH

*cold selections*

Sushi Roll  
(tuna and cucumber) **GF DF EF** \$3.00

Sushi Roll  
(teriyaki chicken) **GF DF EF** \$3.00

Salad Roll \$4.50  
(lettuce, tomato, cheese, grated carrot and cucumber)

Chicken and Salad Roll \$4.50  
(chicken, lettuce, tomato, cheese, grated carrot and cucumber)

Ham and Salad Roll \$4.50  
(ham, lettuce, tomato, cheese, grated carrot and cucumber)



### EVERYDAY LUNCH

*hot selections*

Pasta Bolognaise **DF EF** \$3.50  
(high fibre pasta with homemade Bolognaise sauce)

Homemade Sausage Rolls \$3.50

Toasted Sandwich \$4.00  
(ham, cheese, tomato)

Toasted Sandwich \$4.00  
(chicken, cheese, pineapple)



We use seasonal produce from local suppliers, local jersey milk, free range eggs and in the future produce from our kitchen garden.

Our canteen is nut free and offers options for – **GF** (Gluten Free) **DF** (Dairy Free) **V** (Vegetarian) **EF** (Egg Free)  
Nutrition status – **Green** (excellent choice) **Amber** (occasional choice)