

ST PAUL'S CANTEEN

Junior School Menu

BEVERAGES

available recess and lunchtime

Frantelle Water 600ml	\$2.00
Charlie's Honest Coconut Water 300ml	\$3.00
Cool Ridge Flavoured Water 600ml (hint of blood orange – no sugar)	\$3.50
Cool Ridge Flavoured Water 600ml (hint of lime and cucumber – no sugar)	\$3.50
Cool Ridge Flavoured Water 600ml (hint of raspberry – no sugar)	\$3.50
OH Sparkling Spring Water 500ml (lemon lime)	\$4.00
OH Sparkling Spring Water 500ml (orange mango)	\$4.00
OH Sparkling Spring Water 500ml (berry)	\$4.00
Preshafruit Cold Pressed Juice 350ml (apple and raspberry)	\$3.50
Preshafruit Cold Pressed Juice 350ml (Pink Lady apple)	\$3.50
Preshafruit Cold Pressed Juice 350ml (Valencia orange)	\$3.50
Nippy's Flavoured Milk 250ml (chocolate)	\$2.50
Nippy's Flavoured Milk 250ml (honeycomb)	\$2.50
Nippy's Flavoured Milk 250ml (strawberry)	\$2.50
Sanitarium Up & Go 250ml (chocolate)	\$2.50
Sanitarium Up & Go 250ml (vanilla)	\$2.50

SNACKS

available recess and lunchtime

Muesli Cookies (oats, dried fruit, seeds) DF V EF	\$1.50
Protein Balls GF DF V EF (dates, coconut, pepita, sunflower seeds)	\$2.00
Muffins DF V EF (changes weekly, i.e. blueberry and banana sugar free)	\$3.00
Fruit Salad GF V EF (with Greek yoghurt)	\$2.50
Fruit Salad GF DF V EF (without Greek yoghurt)	\$2.50

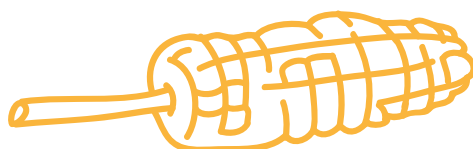
We use seasonal produce from local suppliers, local jersey milk, free range eggs and in the future produce from our kitchen garden.



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)

ST PAUL'S CANTEEN

Junior School Menu



EVERYDAY LUNCH

cold selections

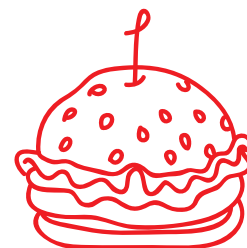
Sushi Roll <i>(teriyaki chicken)</i> GF DF EF	\$3.00
Vietnamese Rice Paper Rolls DF EF <i>(chicken, carrot, lettuce, rice noodles, red capsicum, coriander)</i>	\$3.50
Salad Roll <i>(lettuce, tomato, cheese, grated carrot and cucumber)</i>	\$4.50
Chicken and Salad Roll <i>(chicken, lettuce, tomato, cheese, grated carrot and cucumber)</i>	\$4.50
Ham and Salad Roll <i>(ham, lettuce, tomato, cheese, grated carrot and cucumber)</i>	\$4.50



EVERYDAY LUNCH

hot selections

Grilled Burger <i>(homemade premium beef patty, lettuce, tomato and cheese)</i>	\$5.50
Chicken Souvlaki <i>(seasoned chicken, homemade tzatziki, lettuce, cucumber, tomato and red onion on wholemeal pita bread)</i>	\$5.50
Corn on the cob <i>(whole)</i> GF DF V EF	\$2.00
Pasta Bolognese DF EF <i>(high fibre pasta with homemade Bolognese sauce)</i>	\$3.50
Meat Pie	\$4.00
Homemade Sausage Rolls	\$3.50
Toasted Sandwich <i>(ham, cheese, tomato)</i>	\$4.50
Toasted Sandwich <i>(chicken, cheese, pineapple)</i>	\$4.50



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