

# ST PAUL'S CANTEEN

## Menu

### BEVERAGES HOT

available recess and lunchtime

\*Decaffeinated Coffee/Latte/Cappuccino/Flat White  
Hot Chocolate

Gippsland Jersey Milk/Soy Milk/Lactose Free Milk

\* Coffee only served to staff and Years 11 and 12 students

\$3.50



### BEVERAGES COLD

available recess and lunchtime

Fresh Juices <b>GF DF V</b>	\$4.00
Fresh Smoothies <b>GF V</b>	\$5.00
Frantelle Water	\$2.00
Coconut Water	\$3.00
Cool Ridge Flavoured Water (no sugar)	\$3.50
OH Sparkling Spring Water (flavoured)	\$4.00
Preshafruit Cold Pressed Juices	\$3.50
Nippy's Flavoured Milk/ Sanitarium Up & Go	\$2.50

### SNACKS

available recess and lunchtime

Muesli Cookies (oats, dried fruit, seeds) <b>DF V</b>	\$1.50
Protein Balls <b>GF DF V</b> (dates, coconut, pepita, sunflower seeds)	\$2.00
Muffins <b>DF V</b> (changes weekly, i.e. blueberry and banana sugar free)	\$3.00
Fruit Salad <b>GF DF without Greek Yoghurt V</b> (with or 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)  
Nutrition status – **Green** (excellent choice) **Amber** (occasional choice)

# ST PAUL'S CANTEEN

## Menu

### EVERYDAY LUNCH

*cold selections*

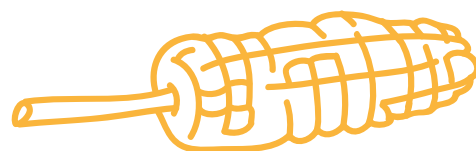
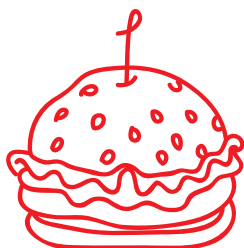
- Sushi Roll  
(tuna and cucumber) **GF** (teriyaki chicken) **GF DF** **\$3.00**
- Vietnamese Rice Paper Rolls **DF** **\$3.50**  
(chicken, carrot, lettuce, rice noodles, red capsicum, coriander)
- Salad Rolls **\$4.50**  
(with ham, chicken and/or salad only)



### WEDNESDAY SPECIAL

*lunch only*

- Oven baked homemade Chicken Schnitzel Roll **\$5.50**  
(with cheese, lettuce and mayo)



### EVERYDAY LUNCH

*hot selections*

- Grilled Burger  
(homemade premium beef patty, lettuce, tomato and cheese) **\$5.50**
- Chicken Souvlaki  
(seasoned chicken, homemade tzatziki, lettuce, cucumber, tomato and red onion on wholemeal pita bread) **\$5.50**
- Corn on the cob (whole) **GF DF V** **\$2.00**
- Pasta Bolognese **DF** **\$5.00**  
(high fibre pasta with homemade Bolognese sauce)
- Meat Pie **\$4.00**
- Homemade Sausage Rolls **\$3.50**
- Toasted Sandwiches  
(ham, cheese, tomato) **\$4.00**  
(chicken, cheese, pineapple) **\$4.50**

### FRIDAY SPECIAL

*lunch only*

- Roast Beef Rolls  
(in a brown multigrain roll with homemade gravy) **\$5.50**
- Wedges (chunky oven baked potatoes) **GF DF V** **\$3.00**

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