

Northholm Canteen
Summer of
2017



Menu



Recess & Snacks

- Raisin Toast 50c
- Carrot Sticks and dip \$2.00
(hummus, salsa or tzatziki)
- Watermelon cups \$2.00
- Apple slinky \$1.20
- Lightly salted popcorn \$1.50
- Crunchy yoghurt cups* \$2.00
- Piranha Snaps \$1.50
(BBQ/Tangy Salsa)
- Bread sticks 20c

Wraps

- Lentil tzatziki and lettuce \$5.00
- Falafel hummus and tabouleh \$5.50



Toasted Sandwiches

- Cheese \$2.50
- Cheese and tomato \$2.50
- Ham and cheese \$3.00
- Ham, cheese and tomato \$3.00

Sandwiches

- Vegemite \$2.00
- Egg, lettuce and mayo \$3.00
- Tuna, cucumber and mayo \$3.00
- Salad \$3.00
- Cheese and salad \$3.50
- Chicken and salad \$4.00
- Ham and salad \$4.00

Sandwiches on wholemeal bread. No margarine unless requested. Wholemeal bread roll \$1.00 extra. Wholemeal wrap \$1.50 extra. Wholemeal gluten free bread \$2.00 extra

Salads

Garden

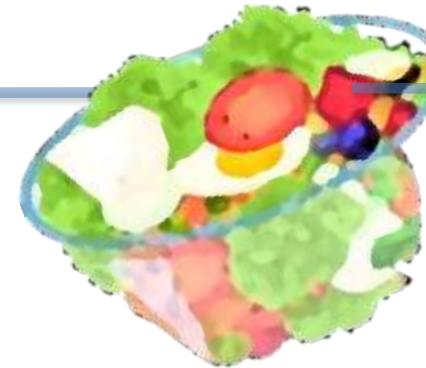
Tomato, cucumber, carrot, beetroot, egg and lettuce \$4.00

Garden Plus

Cheese, chicken or tuna \$5.00

Lentil

Tomato, cucumber, carrot, beetroot, lettuce with hummus or tzatziki \$6.00



Available Everyday

Sushi *(available at recess)*

Chicken, tuna, vegetable \$3.50

Pizza Muffins

Cheese and ham \$2.50

Gluten free \$3.50

Lasagna \$4.00

Gluten free \$5.00

Daily specials



Monday

Mexican Baked Potato (gf,v) \$3.50

Tuesday

Cheesy Ham and Veg Frittata \$3.50
With Salad (v option) \$5.00

Wednesday

Beef Burger (gf option) \$4.50
Lentil Burger (v, gf option) \$5.00

Thursday

Singapore Noodles \$4.00
(gf, v option)

Friday

Chicken Tenders (gf) \$3.50
On a bread roll, lettuce, mayo \$4.50

Frozen Snacks

Frozen Grapes* 50c
Frozen juice cups 50c

Smooze Fruit Ice \$1.00
coconut, guava & mango

Juicies \$1.20
Wildberry, Tropical, Lemonade

Frozen Yoghurt Cups \$1.50
Strawberry, Mango

Drinks

Water 350ml \$1.00

Water 600ml \$1.50

Sparkling Water \$2.00

Plain Milk \$1.50

M Moove flavoured milk \$2.00
Chocolate, Strawberry

Fruit Juice 200ml \$1.20
Apple, Orange, Apple & Blackcurrant

LOL Tropkyl or Razzbri \$2.00

Appletiser \$2.50



Dad's BBQ Day

Recess

Muffin \$2.00

Egg and bacon roll \$3.50

B.L.T. (Bacon, \$3.50
lettuce & tomato roll

Lunch

Chicken burger with \$4.50
lettuce, tomato and mayonnaise

Hamburger \$4.50
with cheese and lettuce

Lentil burger \$5.00
with cheese and lettuce

