

Northholm  
Canteen  
Autumn of  
2019



# Menu



## Recess & Snacks

- Hot milo \$2.00 (available before school and Recess only)
- Cheese and crackers \$1.20
- Raspberry chia cups \$2.00
- Crispy dried fruits - mango, apple, strawberry \$2.00
- Raisin toast 50c
- Carrot sticks and dip \$2.00  
(hummus, salsa or tzatziki & beetroot hummus)
- Watermelon cups \$3.50
- Apple slinky \$1.20
- Lightly salted popcorn \$1.50
- Crunchy yoghurt cups \$2.00
- Piranha snaps \$1.50 - (BBQ/Tangy Salsa)
- Oat & fruit muffins - \$2.00
- Bread sticks 20c

## Wraps

- Lentil with tzatziki & lettuce \$5.00
- Falafel with hummus & tabbouleh \$5.50

## Toasted Sandwiches

- Cheese \$3.00
- Cheese and tomato \$3.00
- Ham and cheese \$3.50
- Ham, cheese and tomato \$3.50

## Sandwiches

- Vegemite \$2.50
- Egg, lettuce and mayo \$3.50
- Tuna, cucumber and mayo \$3.50
- Salad \$3.50
- 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

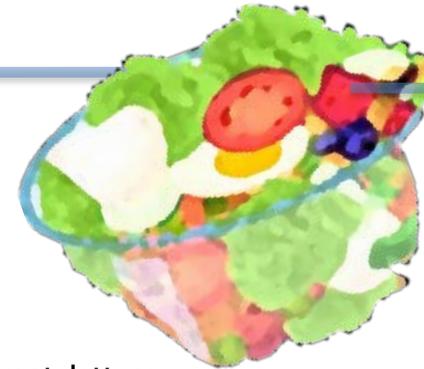
Tomato, cucumber, carrot, beetroot, egg and lettuce \$4.00

### Garden Plus

Cheese, chicken or tuna \$5.00

### Lentil

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



## Sushi, Rice, Pasta & Sausage Rolls

### Sushi

(available Thursday)

Chicken katsu, tuna & cucumber, or tofu & vegetable \$4.00

### Vegetable Fried Rice \$2.00

Addition of ham \$0.20

### Lasagna \$4.00

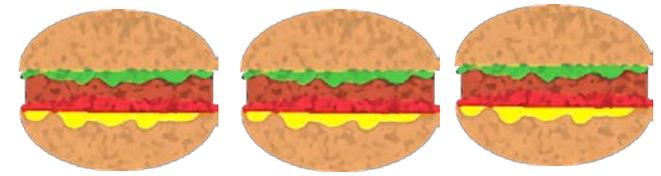
Gluten free \$5.00

### Macaroni and cheese \$4.00

### Hot Sausage Roll \$3.50 (available Tuesday & Friday)

Tomato sauce 30c

# Daily specials



## Monday

Chicken Pesto Pasta (gf option) \$5.50

## Tuesday

Home Made Pizza (v, gf option) \$4.50

Margherita or Ham & Pineapple

## Wednesday

Salad of the day \$5.00 (see Weekly Record for detail)

## Thursday

Beef Burger (gf option) \$4.50

Lentil Burger (v, gf option) \$4.50

Sushi \$4.00

Chicken katsu, tuna & cucumber, or tofu & vegetable

## Friday

Chicken Tenders (gf option) \$3.50

On a bread roll with lettuce & mayo \$4.50

## Frozen Snacks

Frozen Grapes\* 50c

Frozen juice cups 50c

Twisted Frozen Yoghurt \$2.00  
*Raspberry & coconut or chocolate & vanilla*

Juicies \$1.20  
*Wildberry, Tropical or Lemonade*

Frozen Yoghurt Cups \$1.50  
*Strawberry or Mango*

## Drinks

Water 350ml \$1.00

Water 600ml \$1.50

Sparkling Water \$2.00

Sparkling Water with Lemon \$2.00

Peach flavoured Iced Tea \$2.50

Moove flavoured milk \$2.50  
*Chocolate or Strawberry*

Fruit Juice 200ml \$1.50  
*Apple, Apple & Blackcurrant, Orange or Paradise Punch*

Up and Go Liquid Breakfast \$3.00 (gf option)  
*Chocolate or Vanilla*

Appletiser \$2.50

