

Junior School Mezze

WINTER MENU 2017



St Hilda's
ANGELICAN SCHOOL FOR GIRLS

Every Day

	Sandwiches	Wraps
<i>Wholemeal or High Fibre White</i>		
Chicken	\$4.30	\$4.80
Ham	\$4.00	\$4.40
Tuna	\$4.00	\$4.40
Cheese	\$4.00	\$4.40
Egg (Plain or Mayo)	\$4.00	\$4.40
Curried Egg	\$4.00	\$4.40
Salad	\$4.00	\$4.40
Vegemite	\$3.00	\$3.30
Extras		
Salad	\$1.40	
Cheese	\$1.20	
Beetroot	.50c	
Gherkin	.50c	
V Spinach & Ricotta Roll	\$4.50	
V Salad Tray (with egg & cheese)	\$5.00	
Extra Chicken, Tuna or Ham	\$1.50	
Bagel – Chicken, Light Cream Cheese & Lettuce	\$5.80	
Gluten Free Pasta & Sauce	\$5.50	

Recess Only

Toasted Cheesy (Low Fat)	\$2.00
Pizza Slice (Low Fat)	\$2.50
Cupcakes	\$2.70

Snacks

Whole Fruit	\$1.00
Fruit Wedge	.50c
Cracker Biscuit	.50c
Cheese Portion	\$1.10
Yoghurt (Low Fat)	\$2.40
Ovalteenies	\$1.60
Small Biscuit	\$1.00
Rice Snacks	\$1.00
Piranha Snaps	\$2.20
Pretzels	\$2.50

Thirst Quenchers

Daily Juice – Orange/Apple	\$2.70
Just Juice – Assorted	\$2.00
Choc Chill – Small	\$2.50
Plain Milk – Small	\$2.00
Spring Water 600ml	\$2.00
Iced Tea	\$3.20
LOLs Assorted Flavours	\$2.50

Daily Specials

All Daily Specials may be accompanied by a fresh garden salad.	\$1.40
Monday	
Lean Beef Pie	\$5.00
V Vegetarian Spring Rolls (4 per serve)	\$4.80
Sweet Chilli Sauce	.50c
Tuesday	
V Nachos	\$5.00
Sour Cream	.50c
Chicken Tender Sub With Mayo & Lettuce	\$5.50
Wednesday	
Sausage Roll	\$4.50
Sauce	.50c
V Cheesy Veggie Pasta Macaroni	\$5.50
Thursday	
Toasted Sandwich	
V Cheese	\$4.50
V Cheese & Tomato	\$5.00
Cheese & Ham	\$5.50
Chicken Teriyaki & Rice	\$6.50
Friday	
Beef Penne With Bechamel	\$6.00
V Veggie Rice Noodle With Asian Dressing	\$5.00

V - Vegetarian

• Online orders only

The canteen requires volunteers from 9.00am to ensure all meals are packed and ready for the children.

Should you wish to help, a complimentary lunch for you or your child will be offered.