

Low Fat

Fruit Salad with Yoghurt	\$3.50
Trio of fresh seasonal fruit	\$3.50
Fruit Yoghurt—Berry Compote	\$3.00
Frozen Yoghurt	\$2.00
House Baked Garlic Bread	\$2.00
Fresh Fruit	\$1.00

BUILD YOUR OWN SANDWICH

WRAP +50c ROLL +50c GLUTEN FREE +50c

FILLINGS:

Toasted upon request

Vegemite & cheese	\$3.00	Egg, Lettuce & Mayo	\$3.50
Cheese & tomato	\$3.50	Roasted Chicken	\$4.00
Ham	\$3.50		
Ham, cheese & tomato	\$4.00	Tuna mix	\$4.50
Ham & seasonal salad	\$4.00	BLAT	\$4.50

WEEKLY SPECIALS -\$6.00

MONDAY

Beef Ravioli with Tomato Sugo (Sauce) & Basil

TUESDAY

Chicken Burger on Turkish

WEDNESDAY

No Canteen for Prep

THURSDAY

Butter Chicken with Steamed Basmati Rice -GF

FRIDAY

Penne Bolognese with Parmesan

Shore Prep School Canteen Menu

LUNCH:

Chicken Caesar Salad	\$5.50
Daily Made Pasta Salad	\$5.00
Garlic Bread	\$2.00
Vietnamese rice paper rolls, vegetarian OR chicken (2 pieces)	\$5.00
Assorted Pies—Meat/Curry/Potato	\$4.00
Traveller Pie— Meat or Peppered Steak	\$3.50
Sausage Roll	\$3.00
Whole fruit	\$1.00

DRINKS

Organic Orange Juice Pops	\$2.50
Deep Spring Mineral Waters	\$4.00
Fuze Iced Tea's	\$3.50
Mt Franklin Water—600ml	\$3.00
Full Cream Milk—300ml	\$2.00
Flavoured Milk (small)	\$2.50
Flavoured milk (large)	\$3.50
Up & Go	\$2.50

TREATS

Muffins	\$3.00
Smith Chips	\$2.50