

Sandwiches - Rolls - Wraps

Wholemeal bread	\$1.50
White bread	\$1.50
Wholemeal bread roll	\$2.00
Wholemeal Wraps	\$3.00
<i>Choose your fillings</i>	
Chicken, Ham or Tuna	\$1.50
Cheese slice	70c
Tomato	50c
Lettuce	50c
Grated Carrot	40c
Cucumber	40c
Beetroot	50c
Vegetemite	20c
Mayonnaise	20c
Sweet chilli sauce	20c
Margarine	

Salad Box \$3.00

Made with fresh lettuce, grated carrot, cucumber, tomato

Extras

Cheese grated	70c
Beetroot slice	40c
Chicken, Ham or Tuna	\$1.50
Mayonnaise	20c

Other Items

Carrot Sticks (6 pieces)	60c
Tomato Sauce Sachet	40c

Sushi

Sushi Rolls GF	\$3.30
Cooked Salmon or Raw Salmon	
Cooked Salmon & Avocado	
Cooked Tuna & Cucumber	
Cooked Tuna & Avocado	
Chicken Teriyaki	
Chicken & Avocado	
Vegetable	
Crab	
Crab & Avocado	
Brown Rice Sushi	\$4.20
Baby Sushi Container	\$5.60
(Cucumber, Avocado or Cooked Tuna)	
Baby Sushi Container	
(Smoked and Raw Salmon)	\$6.00
Rice Paper Roll 2 per serve	\$6.60
Chicken or Prawn with sweet chili sauce	

Hot Food

Chicken Burger	\$4.00
(Homemade chicken pattie on a wholemeal bun)	
Chicken pattie specially prepared for us at our local butcher	
<i>Extras</i>	
Lettuce	50c
Tomato	50c
Cheese slice	70c
Mayonnaise	20c
Sweet chili sauce	20c
BBQ sauce	20c
Tomato sauce	20c
BBQ Beef Burger	\$4.00
Wholemeal bun with beef burger specially prepared by our local butcher	
<i>Extras</i>	
Lettuce	40c
Tomato	40c
Cheese slice	70c
BBQ sauce	20c
Tomato sauce	20c

Hot Food

Bag of 3 Premium Chicken Nuggets	\$1.50
Meat Pie (low fat)	\$3.00
Sausage Roll (low fat)	\$2.60
Gluten Free Meat pie	\$5.50
Pasta Bolognaise	\$3.50
Boiled Rice Cup	\$1.50
(optional, soy sauce)	
Hot Corn Cob	\$1.10
Home Made Pizza	\$3.50
Ham & Pineapple/Margarita/Ham & Cheese	
3 Meat balls with rice (small)GF	\$3.00
5 Meat balls with rice (large)GF	\$4.00

Daily Lunch Specials

Mondays & Wednesday

Nachos - Beef or Vegetarian \$4.00

Beef: Tortilla chips, Ground beef, salsa, and cheese

Vegetarian: Tortilla chips with a salsa sauce topped with cheese

Either option available with

Kidney Beans - Extra \$1.00

*Honey Soy Chicken Sticks \$4.00

Includes Rice and 2 sticks per serve -Large

*Our sauce is Gluten Free

*Honey Soy Chicken Sticks \$3.00

Includes Rice and 1 stick per serve Small

*Our sauce is Gluten Free

Our canteen follows the NSW Healthy School Canteen Strategy. Our Foods meet the Health Star Rating of 3.5 stars or above. For more information please go to:

<http://healthy-kids.com.au/school-canteens/canteen-guidelines/nsw-healthy-school-canteen-strategy>

Counter Items

Available Morning Tea Only

Pizza Bread Slice	50c
Snack pack -	\$3.00
Hummus, carrot sticks, cheese cubes and rice crackers	

Available All Day

Homemade Items Baked in the Canteen

**** ANZAC BISCUITS ARE DIARY FREE**

Vanilla & Anzac **Biscuits	60c
Pikelets	60c
Chocolate Muffins (Diary Free)	\$1.20
Banana Bread	\$1.20
BYO Apple - slinked	no charge
Slinked Apple	\$1.00
Bread Sticks	10c
Hot Milo	\$1.20
Popcorn	\$1.20
Red Rock Chips	\$1.20
Plain or Honey Soy	
Fruit Stick (variety of seasonal fruit)	60c

Counter items are available for lunch orders except pizza bread, fruit sticks and snack packs

All lunch orders are ordered online only

**How to order: Online ordering at QKR
(Download the APP)**

Frozen Items

Mini Frozen Yoghurt cups	20c
Mini Frozen Fruit cups	20c
Jelly cups	20c
Frozen Pineapple Ring	40c

LUNCH TIME ONLY

Juicies	80c
Wildberry/Tropical/Apple	
Bulla Vanilla Icecream tub (light)	\$1.40
Sorbets - various flavours	\$2.50
Frozen Milk Chocolate/Strawberry	\$2.20

Drinks

Chocolate Milk	\$2.20
Vanilla Malt Milk	\$2.20
Strawberry Milk	\$2.20
Plain Milk	\$2.00
Up & Go (Choc & Straw)	\$2.50
Bottled Water	\$1.50
Apple Juice	\$1.50
Orange Juice	\$1.50
Tropical Juice	\$1.50
Apple & Blackcurrant Juice	\$1.50

All drinks are available for lunch orders.

All frozen items, can be ordered in lunch orders but must be collected from the Canteen.

****We offer Gluten Free options****

Our Lady of Good Counsel Catholic School

Canteen Menu

2019

**Open Mondays,
Wednesdays
& Fridays**

Canteen contact:

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