

Sandwiches – Rolls - Wraps

Wholemeal Bread	\$1.50
White Bread	\$1.50
Wholemeal Bread Roll	\$2.00
Wholemeal Wrap	\$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
Vegemite	20c
Mayonnaise	20c
Sweet Chilli sauce	20c
Margarine	20c

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	40c

Sushi

Rolls (GF)	\$3.30
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	\$6.00
Smoked and Raw Salmon	
Rice Paper Roll (2)	\$6.60
Chicken or Prawn w/ sweet chili sauce	

Hot Food

Chicken Burger	\$4.00
(Homemade chicken pattie* on a wholemeal bun)	
BBQ Beef Burger	\$4.00
(Homemade beef pattie* on a wholemeal bun)	
<i>Extras</i>	
Lettuce	50c
Tomato	50c
Cheese slice	70c
Mayonnaise	20c
Sweet chili sauce	20c
BBQ sauce	20c
Tomato sauce	20c

*Pattie's are specially prepared for us at our local butcher.

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
Gluten Free Sausage Roll	\$5.50
Pasta Bolognaise	\$3.50
Boiled Rice Cup (soy sauce available)	\$1.50
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

*both available with Kidney Beans option for an extra \$1

*Honey Soy Chicken Sticks

L: \$4.00 S: \$3.00

Large: Rice & 2 sticks per serve

Small: Rice & 1 stick per serve

*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

Morning Tea Only

Pizza Bread Slice 50c

All Day

Homemade Items Baked in the Canteen

Vanilla & Anzac* Biscuits 60c

*Dairy Free

Pikelets 60c

Banana Bread \$1.20

BYO Apple – slinked no charge

Slinked Apple 80c

Bread Sticks 10c

Hot Milo \$1.00

Popcorn \$1.20

Red Rock Chips \$1.20

Plain or Honey Soy

**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

Frozen Orange Segment 20c

LUNCH TIME ONLY

Juices 80c

Wild berry/Tropical/Apple/Blackcurrant

Bulla Vanilla Ice-cream tub \$1.40

Frozen Milk \$2.20

Chocolate or Strawberry

Street Paddle Pop \$1.80

Rainbow or Banana

Drinks

Chocolate Milk \$2.20

Vanilla Malt Milk \$2.20

Strawberry Milk \$2.20

Plain Milk \$2.00

Up & Go \$2.50

Chocolate, Strawberry or Vanilla

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.**

**** Gluten Free options available****

**Our Lady of Good
Counsel Catholic
School**

Canteen Menu

2021

**Open:
Monday,
Wednesday &
Friday**

Contact:
Niki Chapman
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or 9972 7311