

Sandwiches – Rolls - Wraps

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|-----------------------------|--------|
| Wholemeal Bread | \$2.50 |
| White Bread | \$2.50 |
| Wholemeal Bread Roll | \$2.20 |
| Wholemeal Wrap | \$3.00 |
| Choose your fillings | |
| Chicken, Ham or Tuna | \$1.50 |
| Cheese slice | 80c |
| Tomato | 80c |
| Lettuce | 80c |
| Grated Carrot | 70c |
| Cucumber | 60c |
| Beetroot | 80c |
| Mayonnaise | 40c |
| Sweet Chilli sauce | 20c |
| Margarine | 20c |
| Vegemite sandwich | \$2.50 |

Salad Box \$3.50

Made with fresh lettuce, grated carrot, cucumber, tomato

Extras

| | |
|----------------------|--------|
| Cheese grated | 80c |
| Beetroot slice | 80c |
| Chicken, Ham or Tuna | \$1.50 |
| Mayonnaise | 20c |

Other Items

| | |
|--------------------------|-----|
| Carrot Sticks (6 pieces) | 80c |
| Tomato Sauce | 50c |

Sushi

| | |
|--|--------------------------|
| Rolls (GF) | All \$3.60 except Salmon |
| Salmon & Avocado | \$4.50 |
| Cooked Tuna & Cucumber | |
| Cooked Tuna & Avocado | |
| Chicken Teriyaki | |
| Chicken & Avocado | |
| Vegetable | |
| Crab | |
| Crab & Avocado | |
| Brown Rice Sushi | \$4.90 |
| Baby Sushi Container 9pcs | \$3.50 |
| (Cucumber, Avocado or Cooked Tuna) | |
| Baby Sushi Container 18pcs | \$6.50 |
| (Cucumber, Avocado, Raw Salmon or Cooked Tuna) | |

Hot Food

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|--|--------|
| Bag of 3 Premium Chicken Nuggets | \$1.80 |
| Bag of 6 Premium Chicken Nuggets | \$3.60 |
| Meat Pie (low fat) | \$3.50 |
| Sausage Roll (low fat) | \$3.30 |
| Gluten Free Meat pie | \$5.50 |
| Gluten Free Sausage Roll | \$5.50 |
| Pasta Bolognaise | \$3.80 |
| Boiled Rice Cup (soy sauce available) | \$2.00 |
| Hot Corn Cob | \$1.50 |
| Home Made Pizza | \$4.20 |
| Ham & Pineapple/Margarita/Ham & Cheese/Supreme | |

Daily Lunch Specials

Wednesday

Nachos - Beef or Vegetarian \$4.50

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

Thursday

3 Meat balls with rice (GF)

\$4.50

3 meatballs sourced from the Butcher served on a bed of rice and sauce

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 80c

Banana Bread \$1.40

Mixed Berry Muffin \$1.50

BYO Apple – slinked no charge

Slinked Apple \$1.00

Bread Sticks 10c

Hot Milo \$2.00

Popcorn \$1.20

Red Rock Chips \$1.20

Rice Crackers \$1.20

Pretzels \$1.20

**All lunch orders are ordered
online only**

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

**Frozen items can be ordered in
lunch orders but must be
collected from the Canteen.**

Frozen Items

Large Yoghurt Cups 40c

Mini Frozen Yoghurt Cups 20c

Mini Frozen Fruit Cups 20c

Mini Jelly Cups 20c

Large Jelly Cup 40c

Large Frozen Fruit Cup 40c

Frozen Pineapple Ring 50c

Frozen Orange Segment 10c

LUNCH TIME ONLY

Juices

Wild berry/Tropical \$1.00

****New**** Juicy Tubes \$1.50

Wild berry/Tropical/Lemonade

Bulla Vanilla Ice-cream tub \$1.50

Frozen Milk \$2.20

Chocolate or Strawberry

Drinks

Chocolate Milk \$2.20

Vanilla Malt Milk \$2.20

Strawberry Milk \$2.20

Plain Milk \$2.20

Up & Go \$2.50

Chocolate, Strawberry or Vanilla

Bottled Water \$2.00

Apple Juice \$1.80

Orange Juice \$1.80

Tropical Juice \$1.80

Apple & Blackcurrant Juice \$1.80

Glee \$2.20

Bubblegum Grape, Blackcurrent, Watermelon, Raspberry, Cola
Sour blueberry or Tropical

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

**Our Lady of Good
Counsel Catholic
School**

Canteen Menu

2023

Open Tuesday - Friday

Contact:
**Dana or Briony
or 9972-7311**