

St Marys Catholic School Manly

Canteen Winter Menu – Term 2 & 3 2018

Lunch Order Menu – Monday	
Little Sushi - \$4.00	Sushi Roll - \$3.50
Avocado x9	Tuna (Cooked)
Cucumber x9	Tuna and Avocado (Cooked)
Tuna x 9	Tuna and Cucumber (Cooked)
3 x Mixed	Chicken Teriyaki
	Chicken Teriyaki and Avocado
	Tempura Prawn
	Tempura Prawn (no Lettuce)
	Salmon
	Salmon and Avocado
	Salmon and Cucumber
	Plain Avocado
	Plain Cucumber

Steam Dumplings: Large \$6.00, Small \$3.00	Rice Paper Rolls \$5.50
Large steamed Dumplings	Teriyaki Chicken
Small steamed Dumplings	Prawn
	Vegetarian

Salmon Special \$9.00	Inari Roll \$4.00

Lunch Order Menu – Thursday and Friday

Sandwiches – Wholemeal and Gluten free bread <i>Please specify if toasted</i>		Hot Meals	
Vegemite	\$2.00	Butter Chicken & Rice	\$4.00
Spaghetti	\$2.50	Pasta with Napolitano Sauce	\$3.50
Ham	\$2.50	Pasta with Bolognese	\$4.00
Cheese	\$2.50	Gluten Free Pasta with Bolognese	\$4.00
Tuna	\$2.50	Beef Steak Pie 120g	\$3.00
Egg	\$2.50	Vege Mornay Pie 170g	\$3.50
Ham & Cheese	\$3.00	Pizza – Bacon & Cheese	\$3.00
		Pizza – Ham & Pineapple	\$3.00
Spaghetti & Cheese	\$3.00	Homemade Sausage rolls	\$3.00
Salad	\$3.50	Wholemeal garlic bread	\$1.00
Extras: GLUTEN FREE BREAD Lettuce, Tomato, Cheese, Egg, Carrot	50c each		

Drinks – Monday, Thursday and Friday

Sold over the counter or included in lunch order

Milk – 300mls – Plain	\$1.50
Milk – 300mls – Chocolate/Strawberry/ Peppermint/ Vanilla/ Caramel/ Banana	\$2.00
Nudies- 250mls- Apple, Tropical, Orange	\$2.00
Popper Juice – 250mls – Apple, Tropical	\$1.50
Franklin Fall 600ml water	\$1.00
Chill Aloe: Peach, Grape, Original, Lychee	\$2.00

Snacks – Monday, Thursday and Friday

Sold over the counter

Gluten Free Gingerbread Cockies	\$1.50
Freshly Baked Homemade Mini Ginger Bread	\$0.50
Mini Bites: Cheese, Salt and Vinegar and Chicken	\$1.00
Pretzel	\$1.00
Banana Bread (Full slice)	\$1.00
Homemade Mini Muffins	\$0.20
Homemade Muffins	\$1.00
Hot Popcorn	\$1.00
Health Bombs	\$2.00
Quelch Fruit Tube	\$0.50
Juice Tubs- Lemonade, Wild Berry; Orange, Tropical	\$1.00
Smooze: Coconut & Mango, Coconut & Pineapple, and Coconut & Guava.	\$1.00
Frozen Yogurt on a stick	\$1.00
Moosie – Chocolate	\$1.00
Sorbet-Apple, Lemon, Orange mango, mango Passionfruit, Pomegranate	\$2.50
Frozen Pineapple	\$0.50
Frozen mango cheeks	\$1.00
Apple Slinky	\$0.50
Fresh cut Watermelon Slices	\$0.50
Fresh cut seasonal fruit salad	\$1.50

