St Marys Catholic School Manly

Canteen Menu – 2021

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

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| **Steam Dumplings:**  **Large $6.00, Small $3.00** | **Rice Paper Rolls $5.50** |
|  | Vegetarian |
| Large steamed Dumplings | Teriyaki Chicken |
| Small steamed Dumplings | Prawn |
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| **Salmon Special $9.00** | **Mini Chicken Steam Dim Sims $4.00** |
|  | **Steamed Pork Dumplings $4.00** |
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| **Lunch Order Menu – Thursday** | | | |
| **Sandwiches – Wholemeal and Gluten free bread**  *Please specify if toasted* | | **Hot Meals** | |
| Vegemite | $2.00 | Chicken wrap with lettuce, tomato and cheese | $4.50 |
|  |  | Butter Chicken & Rice | $4.50 |
| Spaghetti | $2.50 | Homemade sausage rolls | $3.50 |
| Ham | $2.50 | Pizzas wraps- cheese | $4.00 |
| Cheese | $2.50 | BBQ Chicken Pizza Wraps | $4.00 |
| Tuna | $2.50 |
| Egg | $2.50 |
| Ham & Cheese | $3.00 | Wholemeal Garlic Bread | $1.00 |
| Spaghetti & Cheese | $3.00 | Boiled Rice | $0.80 |
| Salad | $3.50 | Macaroni Cheese | $4.00 |
| **Extras: GLUTEN FREE BREAD**  Lettuce, Tomato, Cheese, Egg, Carrot | 50c each | Beef steak and vegetable pie | $3.50 |

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| **Lunch Order Menu –Friday** | | | |
| **Sandwiches – Wholemeal and Gluten free bread**  *Please specify if toasted* | | **Hot Meals** | |
| Vegemite | $2.00 | Homemade Nachos | $4.50 |
|  |  | Beef Burrito lettuce, cheese, tomato | $4.50 |
| Spaghetti | $2.50 | Homemade sausage rolls | $3.50 |
| Ham | $2.50 | Pizza Wraps – Cheese | $4.00 |
| Cheese | $2.50 | BBQ Chicken Pizza Wraps | $4.00 |
| Tuna | $2.50 |
| Egg | $2.50 |
| Ham & Cheese | $3.00 | Butter chicken and Rice | $4.50 |
| Spaghetti & Cheese | $3.00 | Wholemeal Garlic Bread | $1.00 |
| Salad | $3.50 | Boiled Rice | $0.80 |
|  |  | Macaroni Cheese | $4.00 |
| **Extras: GLUTEN FREE BREAD**  Lettuce, Tomato, Cheese, Egg, Carrot | 50c each | Beef steak and vegetable pie | $3.50 |

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| **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 | $1.50 |
| Emma & Tom juices- OJ, Cloudy Apple, Pineapple, Karmarama | $2.50 |
| Franklin Fall 600ml water | $1.00 |

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| **Snacks – Monday, Thursday and Friday** *Sold over the counter* | |
| Gluten Free Gingerbread cockie | $1.50 |
| Freshly Baked Homemade Mini Ginger Bread | $0.50 |
| Mini Bites: Cheese, Salt and Vinegar and Chicken | $1.00 |
| Crispy Fruits, Strawberry, Apple, Pear, Mango, Pineapple | $1.50 |
| Pretzel | $1.00 |
| Sour Cream Grain Waves | $1.00 |
| Banana Bread (Full slice) | $2.00 |
| Freshly Backed Homemade Mini Muffins | $0.20 |
| Freshly Backed Homemade Muffins | $1.00 |
| Hot Popcorn | $1.00 |
| Quelch Fruit Tube | $0.50 |
| Frozen Yogurt on a stick | $1.00 |
| Juice Tubs- Lemonade, Wild Berry, Orange, tropical | $1.00 |
| Vanilla Ice – cream tubs | $1.50 |
| Pure Pops- Vanilla & Choc Malt, Strawberry Rhubarb, Watermelon, tropical,passionfruit | $2.50 |
| Smooze: Coconut & Mango, Coconut & Guava. | $1.00 |
| Moosie – Chocolate | $1.00 |
| Frozen Pineapple | $0.50 |
| Frozen mango cheeks | $1.00 |
| Apple Slinky | $0.50 |
| Fresh cut seasonal fruit salad | $1.50 |
| Fresh cut Watermelon slices | $0.50 |