

St Marys Catholic School Manly

Canteen Menu – 2022

Lunch Order Menu – Monday	
Little Sushi - \$4.00	Sushi Roll - \$3.80
	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

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

Salmon Special \$9.00	Mini Chicken Steam Dim Sims \$4.00
	Steamed Pork Dumplings \$4.00

Lunch Order Menu – Thursday			
Sandwiches – Wholemeal and Gluten free bread <i>Please specify if toasted</i>		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	\$3.80
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	\$1.50
Spaghetti & Cheese	\$3.00	Boiled Rice	\$1.00
Salad	\$3.50	Macaroni Cheese	\$4.00
Extras: GLUTEN FREE BREAD Lettuce, Tomato, Cheese, Egg, Carrot	50c each	Beef steak and vegetable pie	\$3.80

Lunch Order Menu –Friday			
Sandwiches – Wholemeal and Gluten free bread <i>Please specify if toasted</i>		Hot Meals	
Vegemite	\$2.00	Homemade Nachos	\$4.50
		Beef Burrito lettuce, cheese, tomato	\$4.50
Spaghetti	\$2.50	Homemade sausage rolls	\$3.80
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	\$1.50
Salad	\$3.50	Boiled Rice	\$1.50
		Macaroni Cheese	\$4.00
Extras: GLUTEN FREE BREAD Lettuce, Tomato, Cheese, Egg, Carrot	50c each	Beef steak and vegetable pie	\$3.80

Drinks – Monday, Thursday and Friday <i>Sold over the counter or included in lunch order</i>	
Milk – 300mls – Plain	\$1.50
Milk – 300mls – Chocolate/Strawberry/ Peppermint/ Vanilla/ Caramel/ Banana	\$1.50
Emma & Tom juices- OJ, Cloudy Apple, Pineapple, Karmarama	\$2.80
Franklin Fall 600ml water	\$1.00

Snacks – Monday, Thursday and Friday <i>Sold over the counter</i>	
Gluten Free Gingerbread cookie	\$2.00
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	\$2.00
Pretzel	\$1.50
Sour Cream Grain Waves	\$1.50
Banana Bread (Full slice)	\$2.00
Freshly Baked Homemade Mini Muffins	\$0.20
Freshly Baked Homemade Muffins	\$1.00
Hot Popcorn	\$1.50
Quelch Fruit Tube	\$0.50
Frozen Yogurt on a stick	\$1.00
Juice Tubs- Lemonade, Wild Berry, Orange, tropical	\$1.50
Vanilla Ice – cream tubs	\$1.50
Smooze: Coconut & Mango, Coconut & Guava.	\$1.00
Moosie – Chocolate	\$1.50
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

