

St Marys Catholic School Manly

Canteen Menu – 2023

Lunch Order Menu – Monday	Sushi Rolls - \$3.80
	Tuna (Cooked)
	Tuna and Avocado (Cooked)
	Tuna and Cucumber (cooked)
	Chicken Teriyaki
	Chicken Teriyaki and Avocado
	Chicken Teriyaki and Cucumber
	Tempura Prawn
	Tempura Prawn (No Lettuce)
	Salmon
	Salmon and Avocado
	Salmon and Cucumber
	Plain Avocado
	Plain Cucumber

Steam Dumplings & Dim Sims: \$4.00	Rice Paper Rolls \$6.00
	Vegetarian
Chicken Dim Sims	Teriyaki Chicken
Pork & Chive Dumplings	Prawn

Lunch Order Menu –Thursday and Friday			
Sandwiches – Wholemeal and Gluten free bread <i>Please specify if toasted</i>		Hot Meals	
Vegemite	\$2.00	Pasta With Bolognese	\$4.50
		Chicken wrap lettuce, cheese, tomato	\$4.50
Cheese	\$2.50	BBQ Chicken Pizza Wraps	\$4.00
Tuna	\$3.00	Cheese Pizza Wraps	
Egg	\$3.00		
Ham & Cheese	\$3.00	Butter chicken and Rice	\$4.50
Spaghetti & Cheese	\$3.00	Wholemeal Garlic Bread	\$1.50
Salad	\$4.00	Boiled Rice	\$1.00
		Macaroni Cheese	\$4.00
Extras: GLUTEN FREE BREAD Lettuce, Tomato, Cheese, Egg, Carrot	50c each	Beef steak	\$3.80

Lunch Order Menu –Thursday and Friday	
Milk – 300mls – Plain	\$1.50
Milk – 300mls – Chocolate/Strawberry/ Peppermint/ Vanilla/ Caramel/ Banana	\$2.50
Emma & Tom juices- OJ, Cloudy Apple, Pineapple, Karmarama	\$2.80
Franklin Fall 600ml water	\$1.00

Snack Menu – 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 Muffins	\$1.00
Mini Chocolate Chip Cookies	\$1.00
Hot Popcorn	\$1.50
Moosie – Chocolate Strawberry	\$1.50
Juice Tubs- Lemonade, Wild Berry, Orange, tropical	\$1.50
Vanilla Ice – cream tubs	\$1.50
Smooze: Coconut & Mango, Coconut & Guava.	\$1.00
Quelch Fruit Tube	\$0.50
Frozen Pineapple	\$0.50
Frozen mango cheeks	\$1.00
Fresh cut Watermelon slices	\$1.00
Apple Slinky	\$1.00