

Deanmore Primary School P&C Canteen Menu

Wednesday specials

CHICKEN WRAP

Chicken sweet chilli strips with a flour tortilla
carrot, mayo and lettuce \$5.00 **CM**

HOT DOG

with Tomato, BBQ or Mustard Sauce \$4.50

Thursday specials

PIZZA

Bacon Blitz, Hawaiian or Vegetarian **V**
GF Margaretta **V** Ham or Hawaiian \$4.50

SUSHI 1/2 roll

Tuna, Chicken or Vegetarian **CM**
(pre-order Wednesdays) \$5.00

Friday specials

PIES, PASTIES or SAUSAGE ROLLS
Choice of Meat or Potato Pie, Pastie,
Spinach & Ricotta Roll **V** or Sausage Roll \$4.00

Party Pies \$1.50 Each

HEALTHY SANDWICHES

on Wholemeal Bread CM	
Vegemite	\$2.50
Choice of: Chicken, Ham, Tuna, Cheese, Egg or Salad	\$3.50
Add: Tomato, Lettuce, Carrot, Cucumber	+\$0.50
Salad (the lot)	+\$1.00
Mayo	+\$0.30
Have a Wrap, Roll, GF Bread, Toasted Jaffle	+\$0.50
(Baked Bean, Spaghetti or Cheese & Vegemite)	\$4.00
Salad Tray	\$4.00
Salad bag	\$1.50
Rice Paper Rolls GF CM	\$5.00

HOT FOOD

Nuggets & Salad Bag	x4 \$4.00
	x5 \$4.50
	x6 \$5.00
Hot Chicken Mayo Roll	\$5.00
Pasta with Bolognese CM	\$4.50
Mac'n'Cheese V CM	\$4.50
Chicken Teriyaki & Rice CM GF	\$4.50
Fried Rice GF V CM	\$4.50
Quiche Lorraine or Spinach & Feta V	\$4.50
add Salad Bag	+\$1.50
Sauce: Tomato, BBQ, Chilli	+\$0.30

GLUTEN FREE

RECESS

Popcorn CM GF	\$0.50
Peach Bowl GF	\$1.50
Cheesie or Pizza CM GF	
(order before 9.00am)	\$2.00
Yoghurt Cup GF	\$2.00

LUNCH

Nuggets & Salad Bag GF	x4 \$4.00
	x5 \$4.50
	x6 \$5.00

Rice Paper Rolls CM GF	\$5.00
Fried Rice CM GF	\$4.50
Chicken Teriyaki CM GF	\$4.50
Pasta Bolognese CM GF	\$4.50
Hot Chicken Roll CM GF	\$5.00

Our Canteen supports the Department of Education's
Healthy Food and Drink (HFD) policy; to support student
health by providing access to healthy foods and drinks
to make the healthy choice, the easy choice.

Our aim is to use fresh ingredients where possible
and local suppliers. Please support your P&C and have
a day off from making lunches and treat your kids!
Also any parent who volunteers in the canteen their
child receives a free icypole or icecream!

RECESS SNACKS

Crunch & Sip salad bag	\$1.50
Anzac Biscuit V CM	\$0.80
Hot Milo	\$1.20
Pear & Double Chocolate Muffin CM	\$2.00
Strawberry Yoghurt With crunchy oats V CM	\$2.00
Cheesie V CM (toasted cheese ½ Roll)	\$2.00
Pizza CM	
(Ham, Cheese Tomato sauce ½ Roll)	\$2.00
Popcorn V CM GF	\$0.50
Sanitarium Up'n'go	\$2.00
Apple (Granny Smith)	\$1.20

Drinks

Juice Box	
Apple, Orange, Tropical or Apple & Blackcurrant	\$1.50
Choc Milk 300ml	\$2.00
Frozen	+\$0.50
Plain Milk 225ml	\$1.50
Bottle of water 600ml	\$1.00

Frozen Treats

1/2 Quelch Stick GF	\$0.50
Whole Quelch Stick GF	\$1.00
Bulla Lite Bucket GF	\$2.00
Moosie	\$2.00
Fro Yo (GF & Lactose free available)	\$2.20

CM Canteen Made **GF** Gluten Free **V** Vegetarian

Online order quickcliq.com.au

Over the Counter Cash or Card

 Instagram @deanmorecanteen