

# Canteen Menu

<b>Savoury Menu</b>		
<b>Bread Roll</b>		\$3.15
Filling	Butter	
	Vegemite	
	Chicken	+ \$1.00
	Ham	+ \$1.00
	Tuna	+ \$1.50
Salad	Beetroot	+ \$0.50
	Carrot	+ \$0.50
	Cheese	+ \$0.50
	Cucumber	+ \$0.50
	Lettuce	+ \$0.50
	Tomato	+ \$0.50
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Chicken Burger Plain</b>		\$4.65
Filling	Butter	
	Cheese	+ \$0.50
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Chicken and Salad Burger</b>		\$6.65
Salad	Butter	
	Beetroot	
	Carrot	
	Cheese	
	Cucumber	
	Lettuce	
	Tomato	
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Chicken Tender Wrap</b>		\$4.65
Filling	Cheese	+ \$0.50
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Chicken Tender Salad Wrap</b>		\$6.65
Filling	Beetroot	
	Carrot	
	Cheese	
	Cucumber	
	Lettuce	
	Tomato	
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Cold Pasta Spirals</b>		\$2.15
Serving Size	Small	
	Large	+ \$1.00
<b>Fish Pack &amp; Wedges</b>		\$6.15
Salad	Beetroot	
	Carrot	
	Cucumber	
	Lettuce	
	Noodles	
	Tomato	
Sauce	Tartare Sauce	+ \$0.20
	Aioli	+ \$0.20
<b>Garden Salad</b>		\$5.65
Filling	Chicken	+ \$1.00
	Ham	+ \$1.00
	Tuna	+ \$1.50
Salad	Beetroot	
	Carrot	
	Cheese	
	Cucumber	
	Lettuce	
	Noodles	
	Tomato	
Sauce	Mayo	
	Aioli	+ \$0.20

<b>Daily Specials</b>		
<b>Monday</b>		
<b>Party Pie</b>		\$1.65
Sauce	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
<b>Sausage Roll</b>		\$3.65
Sauce	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
<b>Meat Pie</b>		\$4.15
Sauce	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
<b>Potato Pie</b>		\$4.65
Sauce	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
<b>Vegetarian Pasty</b>		\$4.15
Sauce	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
<b>Tuesday</b>		
<b>Baked Potato</b>		\$3.65
Filling	Butter	
	Cheese	
	Chicken	+ \$1.50
<b>Baked Potato w the lot</b>		\$5.15
Filling	Butter	
	Bacon	
	Beetroot	
	Coleslaw	+ \$0.50
	Cheese	
	Pineapple	
	Sour Cream	
<b>Wednesday</b>		
<b>Hot Dog</b>		\$3.65
Filling	Cheese	+ \$0.50
	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
	Mustard	+ \$0.20
<b>Lasagne &amp; Salad</b>		\$5.15
Salad	No Salad	
	Beetroot	
	Carrot	
	Cucumber	
	Lettuce	
	Tomato	
<b>Thursday</b>		
<b>Butter Chicken &amp; Rice</b>		\$5.15
<b>Wedges</b>		\$3.15
Serving Size	Small	
	Large	+ \$1.00
Sauce	Sour Cream	+ \$0.50
	Sweet Chilli	+ \$0.20
	Tomato Sauce	+ \$0.20
	BBQ Sauce	+ \$0.20
<b>Friday</b>		
<b>Yiros</b>		\$5.65
Meat	Chicken	
	Lamb	
Filling	Aioli	
	Cheese	+ \$0.50
	Lettuce	
	Tomato	

<b>Desserts &amp; Cakes</b>	
<b>Cake</b>	\$1.00
<b>Tub of Fruit (tinned fruit)</b>	\$1.50

<b>Drinks</b>		
<b>250ml Juice Box (Flavours may vary)</b>		\$1.50
Flavour	Apple	
	Apple & Blackcurrant	
	Golden Pash	
	Orange	
	Tropical	
<b>450ml Juice Bottle (Flavours may vary)</b>		\$2.50
Flavour	Apple	
	Apple & Blackcurrant	
	Orange	
	Orange & Mango	
<b>250ml Oak Milk (Flavours may vary)</b>		\$2.50
Flavour	Chocolate	
	Strawberry	
<b>600ml Oak Milk (Flavours may vary)</b>		\$3.50
Flavour	Chocolate	
	Strawberry	
	Vanilla	
<b>600ml Water Bottle</b>		\$2.00
<b>500ml Lightly Sparkling Water Bottle</b>		\$2.00

<b>Hamburger Plain</b>		\$4.65
Filling	Cheese	+ \$0.50
	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Hamburger &amp; Salad</b>		\$6.65
Salad	Butter	
	Beetroot	
	Carrot	
	Cheese	
	Cucumber	
	Lettuce	
	Tomato	
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Hot Chicken Roll</b>		\$4.15
Filling	Mayo	
	Cheese	+ \$0.50
	Gravy	+ \$1.00
<b>Marinated Chicken Wings Pack with Wedges</b>		\$6.15
Salad	Beetroot	
	Carrot	
	Cucumber	
	Lettuce	
	Noodles	
	Tomato	
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Pizza</b>		\$3.15
Flavour	Ham and Cheese	
	Ham and Pinapple	
<b>Sandwich/Toastie</b>		\$3.15
Toasted	Fresh	
	Toasted	
Filling	Butter	
	Vegemite	
	Chicken	+ \$1.00
	Ham	+ \$1.00
	Tuna	+ \$1.50
Salad	Beetroot	+ \$0.50
	Carrot	+ \$0.50
	Cheese	+ \$0.50
	Cucumber	+ \$0.50
	Lettuce	+ \$0.50
	Tomato	+ \$0.50
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20
<b>Tub of 2-Minute Noodles</b>		\$1.15
Serving Size	Small	
	Large	+ \$0.50
Flavour	Chicken	
	Beef	
<b>Tub of Spaghetti/Baked Beans</b>		\$1.65
Options	Spaghetti	
	Baked Beans	
<b>Wrap</b>		\$5.65
Filling	Chicken	+ \$1.00
	Ham	+ \$1.00
	Tuna	+ \$1.50
Salad	Beetroot	
	Carrot	
	Cheese	
	Cucumber	
	Lettuce	
	Tomato	
Sauce	Mayo	
	Aioli	+ \$0.20
	BBQ Sauce	+ \$0.20
	Sweet Chilli Sauce	+ \$0.20
	Tomato Sauce	+ \$0.20

#### SA RIGHT BITE

The St Martins Lutheran College Canteen Menu follows the "SA Right Bite" guide to healthy eating (although there are some snack foods at the counter that are red.) Please help your children choose wisely.

GREEN Choose plenty  
 AMBER Select carefully  
 RED Very occasionally

#### CANTEEN ORDERING PROCEDURES

Lunch orders need to be made on the QKR! App before 8:30am each day. Once the order has been placed and payment has been made the canteen will begin preparing the order. For Junior School students the lunches will be returned to the classroom at lunchtime and distributed. Middle and Senior School students are to collect their order from the Secondary Canteen window at the start of lunchtime.

#### LAST MINUTE LUNCH

Lunch orders received after 10am will be filled with a "Last Minute Lunch" consisting of a cheese or vegemite sandwich \$3.50, or a large serve of noodles for \$1.50. Students who don't have lunch for whatever reason will be given a "LML" and families invoiced.