



# OAKBANK AREA SCHOOL CANTEEN MENU



## HOT FOODS

<b>Chicken Burger</b>		\$4.00	A
<i>(cucumber, tomato, cheese, bacon &amp; mayo)</i>			
<b>Hot Dogs:</b>			
* plain		\$4.00	A
* with sauce and/or mustard		\$4.30	A
* with sauce & cheese		\$4.50	A
<b>Spaghetti Toastie</b>		\$3.00	A
<b>Sweet Chilli Chicken Tender Wrap</b>		\$3.50	A
<i>(cucumber, tomato &amp; mayo)</i>			
<b>Toasted Sandwich</b>		\$3.50	A
<i>(ham &amp; cheese, cheese &amp; tomato or cheese)</i>			
<b>Mrs Mac Beef Pie</b>		\$4.00	A
<b>Mrs Mac Potato topped Pie</b>		\$4.00	A
<b>Mrs Mac Sausage Roll</b>		\$3.00	A
<b>Potato Gems (6 per serve)</b>		\$1.00	A
<b>Tempura Breast Nuggets (4 per serve)</b>		\$2.00	A
<b>Yummy Drummies (1 per serve)</b>		\$1.30	A
<b>Tomato Sauce</b>		\$0.30	A

## HOME MADE IN THE CANTEEN

<b>Pizza:</b>		\$3.00	A
Ham & Pineapple			
BBQ Meat Lovers			
<b>Pasta Bolognese</b>		\$4.00	A
<b>Mini Muffins</b>		\$0.50	A
<b>Large Muffins</b>		\$1.50	A
<i>(double choc, banana, raspberry &amp; white choc, blueberry, apple/caramel crumble)</i>			


## SNACKS

<b>Fruit Nuggets</b>		\$0.50	A
<b>Fresh Fruit (whole)</b>		\$1.50	A
<b>Fruit Salad Cups</b>		\$1.50	A
<b>Veggie Chips</b>		\$1.50	A
<b>Red Rock Deli Chips (small)</b>		\$1.50	A
<b>Smiths Chips (small)</b>		\$1.50	A
<b>JJ Chips</b>		\$1.50	A

## FROZEN TREATS

A variety of frozen juices and ice creams are available starting from \$1.00 up to \$2.50 each.

## SALAD TUBS

<b>Garden Salad (V &amp; GF)</b>		\$4.50	G
<i>(lettuce, tomato, cucumber, carrot, red onion)</i>			
<b>Roast Chicken Salad (GF)</b>		\$5.00	G
<i>(Roast chicken, lettuce, tomato, cucumber, carrot, red onion &amp; cheese)</i>			
<b>Oakbank Salad (GF)</b>		\$6.50	G
<i>(Roast chicken, lettuce, tomato, cucumber, carrot, red onion, cheese, egg, apple &amp; capsicum)</i>			

## SANDWICHES, ROLLS & WRAPS



(Wholemeal bread & rolls available)	S/wich	Roll/Wrap	
<b>Vegemite</b>	\$3.00	\$3.50	G
<b>Ham &amp; Salad</b>	\$3.50	\$4.50	G
<b>Roast Beef &amp; Salad</b>	\$3.50	\$4.50	G
<b>Roast Chicken &amp; Salad</b>	\$3.50	\$4.50	G

*All the above salad sandwiches/wraps/rolls are served with lettuce, tomato, cucumber & mayo. Sandwiches and rolls are also buttered.*

## BUILD YOUR OWN

(Wholemeal bread & rolls available)	S/wich	Roll/Wrap	
<b>Base:</b> Ham, Chicken, Beef, Cheese or Egg	\$3.50	\$4.00	G
<i>plus Lettuce, Tomato or Cucumber.</i>			
<b>Salad Extras:</b> Red Onion or Cheese	50c ea	50c ea	G
Chutney, Mustard Pickles, Mustard or Mayo	30c ea	30c ea	A
BBQ Sauce or Tomato Sauce	30c ea	30c ea	A

## DRINKS

<b>Spring Water 600ml</b>		\$2.00	G
<b>Nippy's fruit juice box 200ml</b>		\$2.00	A
<i>(Orange, apple, apple/blackcurrent, tropical)</i>			
<b>Nippy's fruit juice 250 ml (when available)</b>		\$2.50	A
<i>(Orange, apple, apple/blackcurrent)</i>			
<b>Nippy's flavoured milk 375ml</b>		\$2.50	A
<i>(Chocolate or Strawberry)</i>			
<b>Nippy's flavoured milk 500ml</b>		\$4.00	A
<i>(Chocolate or Strawberry)</i>			

## FORTNIGHTLY SPECIALS

Lunch Specials will be available every second Thursday (Wks 2, 4, 6, 8, 10). Special Lunch Order forms **MUST** be received by the Canteen no later than the day before the special.

G = Green / Everyday Healthy Options A = Amber / Choose Carefully GF = Gluten Free V = Vegetarian

**ORDERING INSTRUCTIONS:** Lunch orders need to be received by the Canteen before 10.30am each day. Orders need to display the students name and class.



