



# CANTEEN MENU

ST. STEPHEN'S CARRAMAR

WINTERMENU.....

## Daily Specials

*Mondays and Wednesdays are Pastry Free Days*

<b>MONDAY:</b>	BAKED SPUD WITH CHEESE AND FILLED WITH HOMEMADE COLESLAW;	\$2.00 half	\$4.00 whole
<b>TUESDAY;</b>	TOASTED LEBANESE FLAT BREAD WITH YOUR CHOICE OF TWO FILLINGS <small>e.g.. Cheese and tomato or Chicken and cheese.</small>	\$2.00 half	\$4.00 whole
<b>WEDNESDAY;</b>	CURRY AND RICE.	\$2.00 sml	\$4.00 large
<b>THURSDAY;</b>	HAMBURGER, FISH BURGER OR VEGIE BURGER ALL SERVED WITH SALAD	\$2.00 half	\$4.00 whole
<b>FRIDAY;</b>	JUST PIZZA, HAM AND PINEAPPLE, VEGETARIAN OR HAM AND CHEESE		\$3.00

## ROLLS & SANDWICHES

### ROLLS

### SANDWICHES

**MONDAY AND WEDNESDAYS ARE PASTRY FREE DAYS**

Chicken	\$2.80	\$2.60
Premium leg ham	\$2.80	\$2.60
Salad	\$2.80	\$2.60
Egg	\$2.50	\$2.30
Tuna	\$2.80	\$2.60
Cheese (reduced fat)	\$2.50	\$2.20
Tomato	\$2.50	\$2.20
Jam or Vegemite	\$1.50	\$1.30
<b>Salad extra</b> – Lettuce Carrot, Tomato, Cucumber, Beetroot capsicum, PeaSprouts .	\$1.00	\$1.00
Avocado	\$1.00	\$1.00
Falafel	. 80c each	. 80c each
Mayo, Chutney, Pickles, Chilli Sauce or Mustard	.10c	. 10c
Pineapple	. 50c	. 50c
Toasting extra		.20c
Extra Filling		.60c
Lebanese Salad wraps ( choice of fillings above)	\$4.00 whole	\$2.00 half

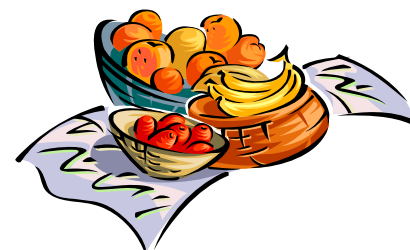
<i>Sausage Roll</i>	\$2.00
<i>Meat Pie</i>	\$2.60
<i>Beef, Cheese and Bacon Pie</i>	\$2.60
<i>Pizza Pie</i>	\$2.60
<i>Cruiser</i>	\$2.00
<i>Potato Pie</i>	\$2.00
<i>Spinach and Ricotta Roll</i>	\$2.00
<i>Party Pies</i>	\$1.00
<i>Vegetarian Pastie</i>	\$2.50
Tomato Sauce portion	.20c
Lasagne	\$3.50
Spaghetti Bolognese	\$3.50
Macaroni Cheese	\$3.50
Teriyaki Chicken	\$3.50
Fried Rice	\$3.50
Curry Beef and Rice	\$3.50
Sweet Chilli Tender	\$1.40
Ham and Cheese Pizza	\$3.00
Cheese and Pineapple Pizza	\$3.00
Vegetarian Pizza	\$3.00
Hot Chicken Roll	\$3.00
Strip Sub (Chilli tender with lettuce & Mayo in Roll )	\$3.00
Sushi Hand Roll Tuna, Chicken or Vegetarian	\$3.50

## EXTRAS.

Browns yoghurt tub	\$1.50	Muffins	\$2.00
Jelly Cup	\$1.00	Sultana Box	.50c
Koala Popcorn	\$1.00	Piece of fruit	.50c
Vegie Chips	\$1.00	Two Fruits Tub	\$1.20
Piranha Chips	\$1.00		
Anzac Cookie	\$2.00		
Afghan Cookie	\$2.00		

## PREPARED SALADS

<b>Large Salad Plate</b> with chicken or Ham or Falafel	\$5.00
<b>Small Salad bowl</b> with Ham or Egg or Chicken	\$3.50
<b>Vegie Munchie Bag</b> , carrot, celery cheese & biscuits	\$3.00
<b>Fruit Munchie Bag</b> seasonal fruits and healthy seed bites	\$3.00
<b>Fresh Fruit Salad Cup</b> seasonal fruit	\$1.50



# Drinks Menu.

## SMALL MILK DRINKS

Plain Milk	300m	\$1.00
Chocolate Calciyum	250ML	\$1.70
Strawberry Calciyum	250ML	\$1.70

So Good Soy Chocolate or Plain		\$1.50
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Up and Go chocolate or strawberry		\$1.80
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Bottled Water		\$1.00
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Just Juice Box, Apple, Orange, Apple and Blackcurrant		\$1.00
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## HARVEY FRESH JUICES.

100% Orange	sml	\$1.70	Lge	\$2.20
Apple and Blackcurrant				\$2.20
Apple and Guava				\$2.20

## MOUNTAIN FRESH 100% JUICE (NO ADDED SUGAR)

Tropical		
Orange & Mango		\$2.00
Orange & Passionfruit		

## LARGE MILK DRINKS

Choc Chill	\$2.80
Berry Chill	\$2.80
Banana Chill	\$2.80
Mocha Chill	\$2.80
Coffee Chill	\$2.80
Plain Milk	\$1.60

## BERRI JUICES

Multi V breakfast .....	\$2.00
Apple	\$2.00



**THANKYOU TO ALL OUR WONDERFUL VOLUNTEERS,** Our canteen could not run without your help. If anyone else would like to come and see what all the smiles are about please call us and we will gladly work out a time that is suitable for you. Morning shift is 8.30ish – 11.30am Afternoon shift is 11.30am– 2.00pm but these are only a guideline if you can only spare an hour, that's fine.

**WE ARE HAPPY TO ACCOMMODATE ANY GENUINE DIETARY REQUIREMENTS** Lactose Free, Gluten Free, Preservative or Additive Free, Vegetarian, Diabetic, Allergies.

**Please contact us on 93067132**

GST has not been added to selling prices. Prices are subject to increase by manufactures