

canteen @ tcc 2019

healthy food for brain fuel

fresh food

Sandwiches

Available on Wholemeal or White

Toasted for extra \$1.00

Wrap for extra \$1.00

Vegemite or Cheese or

Jam.....\$2.00

Ham.....\$2.50

Ham and Cheese.....\$3.00

Ham, Cheese & Tomato.....\$3.50

Chicken Breast & Mayo.....\$3.00

Chicken, Lettuce & Mayo.....\$3.50

Egg, Lettuce & Mayo.....\$3.00

Salad.....\$5.00

with Chicken Breast or Ham add \$1.00

Burgers and Wraps

Chicken Burger.....\$4.00

(Chicken patty, lettuce & mayo)

Cheese Burger.....\$4.00

(Beef patty, cheese & tomato sauce)

Hamburger.....\$5.00

(Beef patty, cheese, lettuce, tomato, beetroot, cucumber & BBQ sauce)

Chicken Tender Wrap.....\$5.00

(2 tenders, lettuce & mayo)

add Salad\$1.00

add Sweet Chilli Sauce\$0.30

Salads

Garden Salad Tub.....\$4.00

(lettuce, cucumber, carrot, tomato, beetroot)

Small Garden Salad Tub.....\$3.00

(primary school only)

Deluxe Salad Tub\$5.00

(Garden salad with baby corn, chick peas, roasted sweet potato & egg)

Small Deluxe Salad Tub.....\$4.00

(primary school only)

add chicken tenders (each).....\$1.00

add ham\$1.00

add roast chicken pieces\$1.00

TCC Style Caesar Salad.....\$5.00

(iceberg lettuce, cheese, ham, roast chicken, egg, Caesar dressing)

Salad Dressing30c ea



gluten free options

Meat Pie\$5.50

Sausage Roll\$4.00

Lasagne\$4.00

hot food

Plain Pie 220gms.....\$4.00

Potato Pie 220gms.....\$4.00

Party Pie.....\$1.00

Sausage Roll 120gms.....\$3.00

Garlic Bread.....\$2.00

Pizza Single (Ham & Pineapple).....\$3.00

Dino Nugget (Max 10).....50c ea

Cheese Roll.....\$2.00

Cheese & Vegemite Scroll.....\$2.00

Lasagne.....\$4.00

BBQ or Tomato Sauce.....30c ea

snacks

Cheese & Crackers50c ea

Fresh Seasonal Fruit.....50c ea

(red apple, green apple, pear & mandarin)

Fresh Fruit Salad Tub (small).....50c ea

Fresh Fruit Salad Tub (large).....\$3.00

Watermelon slice.....50c ea

Red Rock Deli Chips\$1.50

(honey soy flavour)

Popcorn.....50c ea

Custard.....50c ea

Yoghurt (vanilla)50c ea

freezer treats

Quelch Sticks.....50c ea

Frozen fruit juice cups.....70c ea

(Orange, Apple or Apple/Blackcurrant)

Frozen Yoghurt\$2.00

(Strawberry or Mango)

drinks

Water 600ml\$1.20

Milk-small 300ml (Choc, Straw).....\$2.20

Milk-large 500ml (Choc, Straw).....\$3.70

'Sipahh' Straws with a cup of milk \$1.00

(Chocolate, Strawberry or Choc Mint)

Up and Go 225ml).....\$2.00

(Vanilla, Strawberry, Banana, Choc)

Pop Top 99% Juice 250ml.....\$2.20

(Apple, Orange, Apple/Blackcurrant)

Chill J (carbonated 100% juice).....\$2.20

(Cola, Grape or Blackcurrant)

Active G Sports Water.....\$3.20

(No sugar. Berry or Orange)

Flavoured water\$3.20

(No sugar. Berry or Cucumber & Lime)

how to order...

Visit <https://www.flexischools.com.au>

OR

1. Write your child's name, class, & lunch order on the bottom of a large paper bag. **Please add 20c to your order if you use a bag from Canteen**

2. Place correct money in bag, change (if required) will be returned taped to the bag. Remind your child to check the bag before disposal.

3. Fold bag across the top and then into quarters. No sticky tape or staples please.

4. Recess orders are to be placed in a separate bag.

5. Primary students are to place order in blue Canteen bag in their classroom.

Reusable lunch bags are available from the Canteen for \$10.

◆ Frozen items can be ordered and collected from the Canteen during lunch by showing lunch bag

◆ No frozen items for Primary at recess

◆ For safety reasons food may not be reheated at the Canteen

Items may be unavailable from time to time due to short supply. In these instances a replacement item will be offered.

No Credit Available

**OPEN 5 DAYS A WEEK:
BEFORE SCHOOL, RECESS &
LUNCH. NO SERVING IN
CLASS TIME.**

**HAVE YOU CONSIDERED
VOLUNTEERING? ANY HELP
WOULD BE GREATLY
APPRECIATED!**



Daily Specials available for over the counter sales at Recess and Lunch ranging from 50c to \$4.00—

Home made pizza, Burritos, Wedges, Chicken Wraps etc