

# Loftus Public School Canteen Menu

Trading Wednesday, Thursday & Friday

**\*These foods must be pre-ordered before 9am**

## Morning Tea & Snacks

|                                |        |
|--------------------------------|--------|
| Dip & Veggie sticks/crackers   | \$2.50 |
| Cheese and crackers            | \$2.50 |
| Seasonal Fruit salad cups      | \$3.00 |
| Seasonal Fresh fruit           | \$2.50 |
| Yoghurt with berries or muesli | \$3.50 |
| Popcorn                        | \$2.00 |
| *Garlic bread                  | \$2.00 |
| *Hash browns                   | \$2.00 |

## Sandwiches served on white bread

|  |              |
|--|--------------|
| Vegemite / Honey / cheese              | \$3.00       |
| Ham / chicken                          | \$4.00       |
| Salad                                  | \$5.00       |
| Chicken, lettuce & mayo                | \$5.50       |
| Chicken & avocado                      | \$4.50       |
| Chicken & salad                        | \$6.00       |
| <b>Wrap</b>                            | \$1 extra    |
| <b>Wholemeal roll</b>                  | \$1.50 extra |
| <b>GF bread/wrap options available</b> | \$2 extra    |

## \*Salad Bowls

|  |              |
|--|--------------|
| Buddha Bowls   | \$7.00       |
| Beef, chicken or lentil  |              |
| With choice of 5 vegetables  |              |
| Tomato, carrot, corn, beetroot, cucumber, capsicum, celery & chickpeas |              |
| <b>Additional options</b>  | \$1 per item |
| Feta, lettuce, grated cheese, avocado                                  |              |

## Drinks

|                               |        |
|-------------------------------|--------|
| OAK Flavoured milk            | \$2.50 |
| Chocolate or strawberry 300ml |        |
| Glee                          | \$3.00 |
| Groove drinks                 | \$3.50 |
| Coconut water                 | \$3.50 |
| Water                         | \$2.00 |

## \*Hot Food

|                                  |                 |
|----------------------------------|-----------------|
| Homemade nachos                  | \$5.00          |
| Beef or vegetarian               |                 |
| <b>GF option available</b>       | \$2 extra       |
| Homemade burgers                 | \$5.00          |
| Cheeseburger w/Tomato sauce      |                 |
| Hamburger w/BBQ sauce            |                 |
| Grilled chicken burger with mayo |                 |
| <b>GF Hamburger</b>              | \$6.50          |
| Hawaiian pizza                   | \$4.50          |
| Cheese pizza                     | \$4.50          |
| 6 Chicken nuggets                | \$4.50          |
| 6 Gluten Free nuggets            | \$5.50          |
| Hotdogs                          | \$4.00          |
| Beef pies                        | \$4.50          |
| Noodle cups                      | \$4.25          |
| Tomato & BBQ sauce               | \$0.50          |
| <b>Spoon or fork</b>             | <b>20c each</b> |

## \*Toasties

|                      |           |
|----------------------|-----------|
| Cheese               | \$3.50    |
| Ham & cheese         | \$4.00    |
| Ham, cheese & tomato | \$4.50    |
| Baked beans & cheese | \$4.50    |
| Chicken & Cheese     | \$4.50    |
| Add avocado          | \$1 extra |

## Ice blocks

|                        |        |
|------------------------|--------|
| Frozen fruit cups      | \$2.00 |
| Slushy 99% fruit juice | \$2.00 |
| TNT ice blocks         | \$2.00 |
| Moosies                | \$2.50 |