

PARKWOOD PRIMARY SCHOOL CANTEEN MENU 10TH JULY 2023

Hot Items

Lasagne <i>E</i>	\$4.50
Macaroni & Cheese <i>E V</i>	\$4.50
Spaghetti Bolognese <i>E</i>	\$4.50
Homemade Pizza (Margarita or Ham & Cheese)	\$2.50
Chicken Burger with Lettuce, Cheese & Mayo	\$5.50
Beef Burger with Cheese, Tomato Sauce	\$5.50
Parkwood Beef Burger- Lettuce, Tomato, Cheese & Special Sauce.	\$6.00
Sweet Chili Chicken Schnitzel	\$5.00
Oven Bake Chicken Nuggets (Breast)	3for \$3.50
Dim Sims (Steamed)	\$1.30
Fantastic Noodle (Chicken or Beef)	\$3.80
Beef Pie	\$4.50
Party Pie/Sausage Roll	\$1.40
Sausage Roll	\$3.80
Skinless Hot Dog	\$4.00
Hash Brown (Oven Bake) <i>V</i>	\$1.50
Corn© <i>V</i>	\$1.50
Nacho-with Salsa & Cheese <i>E V</i>	\$3.80
Pastizzi-Cheese	\$1.50
Falafel Bites <i>GF Vegan E</i>	3for \$3.00
Chicken Dino Nuggets	3 for \$3.50

Halal

Halal Hot Dog	\$4.00
Halal Pie	\$4.50
Lasagne <i>E</i>	\$4.50
Mac & Cheese <i>V E</i>	\$4.50
Chicken Burger with Lettuce, Cheese & Mayo	\$5.50
Beef Burger with Cheese, Tomato Sauce	\$5.50
Parkwood Beef Burger- Lettuce, Tomato, Cheese & Special Sauce.	\$6.00
Falafel Bites <i>GF Vegan E</i>	3for \$3.00
Dino Snacks	3for \$3.50
Chicken Nuggets	3for \$3.50
Vegetable Pastie <i>V</i>	\$4.50

Ice Creams

Paddle Pop Variety	\$2.20
Mini Calippo	\$2.00
Icy Twist	\$2.00
Frozen Yoghurt <i>E GF</i>	\$2.50
Frozen Fruit Ring <i>E</i>	\$0.50
Zooper Dooper	\$1.00

Drinks

250ml Juice (Orange, Apple, Tropical)	\$2.20
600ml Water <i>E</i>	\$3.00
300ml Oak Milk (Chocolate, Strawberry)	\$3.20
200ml Sparkling Flavour Water- Lime & Berry	\$2.50

Salad Bowls

Fruit Salad <i>E V</i>	\$1.50
Garden Salad Bowl-Lettuce, Tomato, Cucumber, Beet, Carrot,	\$4.00

Sandwiches (Fresh or Toasted)

Salad <i>E V</i>	\$4.00
Ham <i>E</i>	\$3.00
Cheese <i>E</i>	\$3.00
Ham & Cheese <i>E</i>	\$3.20
HCT (Ham, Cheese & Tomato) <i>E</i>	\$3.70
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$3.70
Chicken with Lettuce & Mayo <i>E</i>	\$4.70
Tuna with Lettuce & Mayo <i>E</i>	\$4.70
Vegemite & Cheese <i>E</i>	\$3.00
Bake Beans Toastie	\$3.00
Spaghetti Toastie	\$3.00

Gluten Free Sandwiches Available add 30c

Rolls

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.50
Ham & Cheese <i>E</i>	\$3.70
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.20
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.20
Chicken with Lettuce & Mayo <i>E</i>	\$5.20
Tuna with Lettuce & Mayo <i>E</i>	\$5.20
Vegemite & Cheese <i>E</i>	\$3.50

Wraps

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.50
Ham & Cheese <i>E</i>	\$3.70
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.20
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.20
Chicken with Lettuce & Mayo <i>E</i>	\$5.20
Sweet Chilli Chicken Wrap	\$5.20
Tuna with Lettuce & Mayo <i>E</i>	\$5.20
Vegemite & Cheese <i>E</i>	\$3.50

Focaccia

Chicken with Cheese & BBQ Sauce	\$5.00
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Snacks

Large Cookie	\$3.00
Piranha Popcorn (BBQ, Sweet & Salty, Salty) <i>V</i>	\$2.00
Jelly Cup <i>E</i>	\$1.50
Noodle Snacks / Rice Sticks	\$1.20
Fruit of the day	\$1.00
Homemade Muffins	\$2.00

Additions for Sandwiches, Rolls and Wraps & Salad Plate

Ham 50c	Chicken \$1.00
Cheese 50c	Tuna \$1.00

E = Healthy Option *V* = Vegetarian Option *GF* = Gluten Free

Sandwiches, Rolls and Wraps are made with white bread. If you would like Wholemeal or Multigrain, please state this on your order.

Tomato Sauce 20c
Brown Paper Bag 15c

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THE CANTEEN



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