

THE CRUNCH BAR

9456 5840

Summer menu –Term 4 2009

Open Monday to Friday

PLEASE CLEARLY NOTE ALLERGIES ON LUNCH ORDERS!

Volunteer help always appreciated – please phone Tracey or Angie to arrange a day that suits you!!

We make wholesome, fresh and healthy lunch options that taste good.

Please make sure your orders are placed at the canteen between 8.15am and 8.40am.

There are no counter sales at recess or lunch. Everything must be pre-ordered before school including recess items. Thank you.

Toasted Sandwiches \$3.50

Wholemeal bread (Gluten Free Available)

Create your own using these fillings; chicken, ham, cheese, tomato, pineapple, baked beans

Hot Chicken & Mayo Roll \$4.00

Sandwiches/ Rolls/Wraps

Wholemeal bread or roll only

Salad consists of lettuce, tomato, carrot and cucumber

Sandwich \$3.50

Roll/Wrap \$4.00

Chicken & Salad

Ham & Salad

Egg & Salad

Tuna & Salad

Cheese & Salad

Avocado extra 50c

Cheese extra 50c

Vegemite \$3.00

Hot Food \$4.50

Lasagne

Macaroni Cheese

Spaghetti Twirls

Chicken Pasta Bake

Homemade Fried Rice \$4.50

Bacon, onion, carrots corn, peas & soy sauce.

Sweet Chilli Chicken Wrap \$4.50

2 sweet chilli chicken strips, shredded lettuce, grated carrot, diced red & green capsicum & mayo served in a wrap

Stuffed Potato & Salad Deal \$5.50

Medium potato filled & cooked until filling is melted.

All potatoes are served with a cup of salad

Shredded lettuce, carrot & celery sticks, cube of cheese, cherry tomato and red/green capsicum strip

- **Chicken & Cheese**

- **Bacon & Cheese**

- **Cheese**

Add onion if you want

Garden Salad

- **Large \$6.00**

- **Small \$4.50**

Served with either ham or chicken.

Lettuce, capsicum, celery, carrot, cucumber, cherry tomatoes and cheese.

Your choice of low fat mayonnaise or fat free French dressing.

Toasted Foccacia \$5.50

FOR THE VERY HUNGRY!!

Parmesan crusted foccacia bread filled with your choice of fillings

Homemade Pizza \$5.50

Pizza sauce, mozzarella cheese, ham, tomato, pineapple, red onion, red & green capsicum

Vegetarian Pizza \$5.50

Bacon & Cheese Pizza \$6.00

Served with vegetable fingers

(Carrot,celery & capsicum)



Recess & Lunch Snacks

(Must be pre-ordered before school)

Yogo **\$1.50**
Chocolate or Strawberry

Fruit Cup in Natural Juice **\$1.30**

- Diced Peaches
- Diced Pears
- Diced 2 Fruits
- Fruit Salad

Juicies **\$1.00**
(All natural frozen fruit stick)
Limit one per person

- Wildberry
- Tropical
- Apple

Jelly with Fruit **\$1.50**

Fresh Fruit **\$1.50**

DRINKS

Flavoured Milk **\$2.00**
Chocolate, Strawberry, Banana or Spearmint

100% Fruit Juice Box **\$2.00**
OJ, Tropical, Apple or Apple & Blackcurrant

600ml Water **\$1.50**

RECESS ONLY (NO LUNCH SALES)

Must be pre-ordered before school for collection at
Canteen at recess.

Chicken Cheesy	\$2.00
Bacon Cheesy	\$2.00
Cheesy	\$1.50
Hawaiian Sub	\$2.00
Fruit or Cheese Scone	\$1.00
Fruit & Yoghurt Cup	\$2.00