OLPS CANTEEN SUMMER MENU TERM 4 2020 AND TERM 1 2021
LUNCH ORDERS (via a re-usable bag with name and class)

SANDWICHES
Toasted sandwiches on request

Vegemite &/or cheese	$2.30
Cheese & tomato	$2.50
Boiled egg with lettuce & mayo	$2.60
Ham	$2.80
Ham and cheese	$3.00
Ham, cheese & tomato	$3.30
Salad (lettuce, grated carrot, tomato, beetroot & cucumber with mayo)	$3.50
Chicken / ham & salad (as above)	$4.30

Rolls **add extra $0.70**

TOASTIES ON TURKISH BREAD

Vegemite	$3.00
Cheese	$3.30
Ham and cheese	$3.60
Ham, cheese and tomato	$3.70

TOASTED WRAPS with ham, cheese and/or tomato $3.60

HOT FOOD

Nachos (with cheese and corn chips)	$4.00
Creamy tomato and bacon pasta	$4.00
Lean beef pie and sauce	$4.00
Fried rice (request gluten free on bag)	$4.00
Chicken tenderloin ROLL with lettuce & mayo	$4.00
Chicken tenderloin WRAP with lettuce/mayo	$4.00
Lean sausage roll and sauce	$3.70
Pasta spirals with grated cheese (request gluten free on bag)	$3.70
Home made pizza slice (margarita)	$2.00
Crumbed chicken tender	$1.80
Quesadilla	$1.20
Tomato sauce	$0.20

SUMMER SPECIAL

Chicken / ham salad plate	$5.00
Toasted chicken, cheese and tomato wrap	$5.00

DRINKS

Flavoured Milk $2.00 - chocolate and strawberry
Juice $2.00 – orange / apple / tropical

GLEE Juice $2. 50 - tropical, blackcurrant or raspberry

MORNING TEA & LUNCH

Popcorn	$1.20
Choc chip / blueberry muffin	$1.20
Quesadilla	$1.20
Gingerbread babies	$1.00
Pretzels / sour cream delites	$0.80
Fruit nuggets	$0.80
Crackers and cheese	$0.50
Pikelet	$0.50
Lamington finger	$0.40
Brazilian cheesepuffs (GF)	$0.40
Frozen pineapple / grapes	$0.40
Apple slinky (yours from home)	FREE

* seasonal treats throughout the term will be offered in the above price range.

FROZEN TREATS (Lunchtime only)

Frozen yoghurt (mango & strawberry)	$2.00
Chocolate or strawberry moosies	$1.80
Blackberry or orange juicees	$1.80
Lemonade icy pole	$1.30
Vanilla ice-cream cone dipped in milo	$1.20
Frozen pineapple juice cups	$1.00
Frozen wildberry juice cups	$1.00
Quelch fruit sticks	$0.80

SUSHI ON WEDNESDAYS ONLY VIA ON-LINE ORDERING SYSTEM. P&F EMAIL SENT EVERY MONDAY

California, chicken or beef roll,
Salmon teriyaki roll, prawn tempura roll
Tuna & cucumber roll
Tuna pieces (8), avocado pieces (8), cucumber pieces (8).

ALL $3.50 EACH

RE-USABLE LUNCHBAGS IN RED, BLUE OR GREY $12.50

OLPS IS A SUSTAINABLE CANTEEN. BYO CONTAINERS & SPOONS PLEASE

Lunch bags 20cents