

PARKWOOD PRIMARY SCHOOL CANTEN MENU AS OF TUESDAY 14TH JUNE 2022

Hot Items

Lasagne <i>E</i>	\$4.30
Macaroni & Cheese <i>E V</i>	\$4.30
Spaghetti Bolognese <i>E</i>	\$4.30
Homemade Pizza (Margarita or Ham & Cheese)	\$2.50
Chicken Burger with Lettuce, Cheese & Mayo	\$5.50
Beef Burger with Cheese, Tomato Sauce	\$5.50
Sweet Chili Chicken Strip Roll	\$5.00
Oven Bake Chicken Nuggets (Breast)	3for \$3.00
Dim Sims (Steamed)	\$1.30
Fantastic Noodle (Chicken or Beef)	\$3.50
Beef Pie	\$4.00
Party Pie/Sausage Roll	\$1.30
Regular Sausage Roll	\$3.50
Skinless Hot Dog	\$4.00
Hash Brown (Oven Bake) <i>V</i>	\$1.20
Corn☉ <i>V</i>	\$1.50
Nacho-with Salsa & Cheese <i>E V</i>	\$3.50
Pastizzi-Cheese	\$1.30
Falafel Bites <i>GF Vegan E</i>	3for \$3.00
Chicken Dino Nuggets	3 for \$3.00

Halal

Halal Hot Dog	\$4.00
Halal Pie	\$4.00
Lasagne <i>E</i>	\$4.30
Mac & Cheese <i>V E</i>	\$4.30
Corn <i>V</i>	\$1.50
Falafel Bites <i>GF Vegan E</i>	3for \$3.00
Vegetable Pastie <i>V</i>	\$4.00

Ice Creams

Paddle Pop Variety	\$2.20
Mini Calippo	\$1.80
Icy Twist	\$1.80
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)	\$2.00
600ml Water <i>E</i>	\$3.00
300ml Oak Milk (Chocolate, Strawberry, Vanilla Malt)	\$3.00
250ml Up N Go (Chocolate, Vanilla)	\$3.00
200ml Sparkling Flavour Water- Lime & Berry	\$2.50
500ml Ice Tea	\$4.00

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>	\$2.80
Cheese <i>E</i>	\$2.80
Ham & Cheese <i>E</i>	\$3.00
HCT (Ham, Cheese & Tomato) <i>E</i>	\$3.50
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$3.50
Chicken with Lettuce & Mayo <i>E</i>	\$4.50
Tuna with Lettuce & Mayo <i>E</i>	\$4.50
Vegetite & Cheese <i>E</i>	\$2.80

Gluten Free Sandwiches Available add 30c

Rolls

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.30
Ham & Cheese <i>E</i>	\$3.50
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.00
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.00
Chicken with Lettuce & Mayo <i>E</i>	\$5.00
Tuna with Lettuce & Mayo <i>E</i>	\$5.00
Vegetite & Cheese <i>E</i>	\$3.30

Wraps

Salad <i>E V</i>	\$4.50
Ham <i>E</i>	\$3.30
Ham & Cheese <i>E</i>	\$3.50
HCT (Ham, Cheese & Tomato) <i>E</i>	\$4.00
HLT (Ham, Lettuce & Tomato) <i>E</i>	\$4.00
Chicken with Lettuce & Mayo <i>E</i>	\$5.00
Sweet Chilli Chicken Wrap	\$5.00
Tuna with Lettuce & Mayo <i>E</i>	\$5.00
Vegetite & Cheese <i>E</i>	\$3.30

Focaccia

Chicken with Cheese & BBQ Sauce	\$5.00
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Snacks

Large Cookie	\$2.50
Piranha Popcorn (BBQ, Sweet & Salty, Salty) <i>V</i>	\$2.00
Jelly Cup <i>E</i>	\$1.50
Noodle Snacks	\$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 10c

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THE CANTEN 

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