St Thomas More’s Canteen Pantry List

Term 4

***Drinks*****Fruit Box** – Tropical, Summer berry, Sunshine punch,

Apple & blackcurrant or Pineapple. $2.00

**Spreyton Juice** – Apple or Orange. $2.50

**Nippy’s flavoured milk** – Iced Chocolate, Strawberry, Vanilla,

Banana, Honeycomb or Vanilla $2.80

**Kombucha** – Cherry Plum, Raspberry Lemonade, Cola, Lemonade,

Lemon, Lime & Mint or Blood Orange. $2.50

**V8 Juice** – Tropical, Breakfast, & Healthy Greens. $3.00

 **Large Milk** – Chocolate, Strawberry, Banana. $3.80

**Mount franklin sparkling** – Lime or Raspberry $3.00

**Cool Ridge** – Plain, Raspberry or Lime (no sugar) $3.50

***Bakery*** Party pie. $1.20

Sausage roll. $3.00

Sunrise meat pie. $3.50

Sunrise potato pie. $4.00

Sunrise Cornish pastie. $4.00

 Pizza – Hawaiian or Meat lovers.  $3.30

 Curried chicken pie. $4.50

 Garlic & cheese pide. **V** $2.50

 Choc chip bliskit. $2.50

 Freshly baked house muffins. **V** $2.50

***Slices*** – Anzac, Chocolate & coconut, peppermint or Lemon. $2.50
 ***Slices*** Vanilla or Jelly $3.20

 ***Lamington –*** Chocolate or Raspberry. $3.20

***Gluten Free*** Biscuit – Dotty, Triple Choc fudge. **GF** $3.00

 Paleo Bar – Lamington or Mint cacao.**GF VG** $3.50

 Slices – Caramel. **GF** . $3.80

 Ham or Chicken salad sandwich. **GF** $4.50

 Toasted ham & cheese sandwich. **GF** $4.50

 Toasted chicken, cheese & mayo sandwich. **GF** $4.50

***Sandwiches***

Smokey Hickory shaved ham & cheddar on sourdough. $3.00

Egg & mayonnaise on sour dough. **V**  $3.00

Curried egg & lettuce on dark rye sourdough. **V** $3.00

Chicken, lettuce & mayonnaise on grain sour dough. $3.50

Roast beef, cheese, relish & salad sandwich on grain sour dough. $3.50

 Ploughman’s – Ham, cheese, pickle, lettuce on dark rye sourdough. $3.50

***Rolls*** Small chicken, cheese, mayo salad chai seed roll. $3.50

 Small Ham, beetroot, egg, cheese, mayo salad sourdough roll. $3.50

 Small Vegetarian, beetroot, egg, cheese, mayo & salad roll. **V**  $3.50

***Wraps*** Tandoori chicken, lettuce, cheese, mango chutney. $5.00

Chicken Caesar, bacon, cheese, lettuce, Caesar dressing. $5.00

 Falafel – chick pea pattie, lettuce, tomato, onion, tahini dressing.**VG** $5.00

***Toasted Sandwiches***

Ham & cheese on sourdough. $3.80

 Ham, cheese & tomato on sour dough. $3.80

 Chicken, mayo & cheese on sour dough. $3.80

 Vegan cheese, tomato & red onion on sour dough. **VG** $4.20

 Roast beef, tomato, caramelised onion & cheese in Turkish bread. $5.00

 Ham, Cheese & Pineapple in Turkish bread. $5.00

 Vegetarian garlic pide- roast capsicum, eggplant, chilli jam, spinach

& mozzarella cheese. **V** $5.00

***Sushi -*** Crispy chicken with mayonnaise & Japanese b.b.q sauce. **GF** $4.20

Tuna & avocado roll with soy sauce. **GF** $4.20

Vegetarian – carrot, cucumber, avocado & soy sauce. **GF VG** $4.20

Smoked Salmon, avocado, cucumber & wasabi mayonnaise.**GF** $4.20

***Snacks***

 Honey soy chips. $1.20

Fresh fruit salad. **GF VG V**  $2.50

***Specials*** Little Lunch from $3.50

 Lunch $6.50

 Salad of the day $6.50

**Flexi School online orders cut off 9am**

***All meals made on site.***

***Vegetarian (v), Vegan (vg), Seafood (s), Gluten Free (gf) Dairy Free (df)***

