

Winter Menu 2019

AVELEY P&C CANTEEN

order by 9am at flexischools.com.au

RECESS & LUNCH SNACKS

*Recess not available to Kindy and PrePrimary

Popcorn		\$0.50
Hashbrown (V)		\$0.50
Vege Sticks & Dip		\$1.00
Cheesie		\$1.00
Fruit Muffin		\$1.00
Corn Cob (V)		\$1.00

BENTO BOXES

Vege stick & Dip, Muffin and Crackers & Cheese

Choice of sandwich:

-Vegemite	\$4.70
-Ham, Cheese, Chicken, Tuna, Salad	\$5.20
*Add Cheese	\$0.50
*Add Salad	\$0.70
4 Chicken/Cucumber Sushi	\$6.00
Spinach & Ricotta Roll (V)	\$6.00
Quiche Lorraine (Ham & Cheese)	\$6.30

HOT FOOD

Vegetable Soup	\$3.50
*Add Bread Roll	50c
Burrito with cheese & salsa	\$5.50
Fried Rice (GF & V)	\$5.00
Lasagne	\$5.00
Macaroni Cheese (V)	\$5.00
Beef Burger with Salad	\$5.00
Chicken Burger with Salad	\$5.50
Vegetable Burger with Salad (V)	\$5.50



Open 9am - 2pm Monday, Wednesday, Friday

aveleypandccanteen@gmail.com and
facebook Aveley Primary School P and C Canteen

Supervisor : Helen Robinson

Assistant : Laura Lambert

SANDWICHES, WRAPS & ROLLS

	Sandwich	Wrap
Vegemite	\$2.00	\$3.00
Salad (V)	\$2.70	\$3.70
Cheese	\$2.70	\$3.70
Ham	\$2.70	\$3.50
Chicken	\$2.70	\$3.70
Crispy Chicken & Salad	-	\$4.40
*Toasting	50c	*Extra cheese 70c
*Salad	70c	*Mayonnaise 30c



SALAD BOWL

Includes: Lettuce, Carrot, Cucumber & Tomato

Salad Bowl (GF & V)	\$3.70
*Add Cheese, Ham, Chicken or Tuna	70c
5 Chicken Nuggets or 4 Chicken Fingers or Crumbed Fish with Hashbrown and choice of Salad or Corn Cob	\$5.20

DAILY SPECIALS

MONDAY / FRIDAY

Spinach & Ricotta Roll (V)	\$3.50
Sausage Roll	\$3.50
Party Pie	\$1.30
Beef Cruiser Pie	\$4.70
Quiche Lorraine (Ham & Cheese)	\$4.50
*Add Tomato Sauce	30c



WEDNESDAY / FRIDAY

5 Chicken Nuggets	\$3.30
Crumbed Fish & 2 Hashbrowns	\$5.20
4 Chicken Fingers & 2 Hashbrowns	\$5.20
Hot Dog (Add Tomato Sauce 30c)	\$2.90
Hot Chicken & Mayo Roll	\$4.40
Nachos (mince, salsa & sour cream)	\$5.50

ICE CREAMS (available everyday)

*Not Available to Kindy & Pre Primary

Vanilla Icecream Cup	\$2.00
Scooby Doo Icecream	\$2.00
Frozen Yoghurt (GF)	\$2.70



*Salad : Lettuce, Carrot, Cucumber & Tomato

*Vege Sticks : Carrot, Capsicum, Cucumber
(V) Vegetarian, (GF) Gluten Free