

COWES PRIMARY SCHOOL CANTEEN MENU 2018

HOT FOOD

Plain meat pie	\$ 3.80
Sausage Roll	\$ 3.80
Nacho's – Cheese & Salsa	\$ 4.20
Cheese / Spinach Rolls	\$ 4.00
Party pie	\$ 1.20
Chicken nuggets	\$ 1.00
Steamed Dim Sim	\$ 1.00
Hot Dog	\$ 3.50
Lasagne	\$ 4.20
Cheese Burger- lettuce & tomato	\$ 4.50
Sweet Chilli Wrap – lettuce & mayo	\$ 3.80
Plain Chicken Wrap – lettuce & mayo	\$ 3.80
Tomato / Soy sauce	\$ 0.30

DRINKS

Choc Big M 250 ml	\$ 2.50
Strawberry Big M 250 ml	\$ 2.50
Choc Up & Go	\$ 2.50
Strawberry Up & Go	\$ 2.50
Plain milk	\$ 1.50
Apple Juice	\$ 2.00
Orange Juice	\$ 2.00
Water	\$ 2.00

FROZEN TREATS

Paddle pops	\$ 1.80
Frozen icy pole	\$ 1.00
Frozen pineapple	\$ 0.80
Frozen orange	\$ 0.30
Frozen Yogurt twisters	\$ 2.50

To order please register your family online at www.ouronlinecanteen.com.au

Orders will not be accepted after 9.30am each day

SANDWICHES/ROLLS

Vegemite/Jam	\$ 2.30
Cheese	\$ 2.50
Cheese & tomato	\$ 3.00
Egg & Mayo	\$ 3.00
Ham/Chicken/Tuna	\$ 3.50
Salad	\$ 3.50
Cheese & Salad	\$ 3.80
Ham & Salad	\$ 4.00
Tuna & Salad	\$ 4.00
Chicken & Salad	\$ 4.00
Salad includes lettuce, carrot, cucumber, tomato & beetroot	
Extra ingredients inc Cheese	\$ 0.30

Extra .80c for rolls white or wholemeal

SUSHI Available Wednesday

Salmon California	\$ 3.00
Crabstick California	\$ 3.00
Teriyaki Chicken	\$ 3.00
Tuna & Mayo	\$ 3.00
Chicken Schnitzel	\$ 3.00
Spicy Tuna	\$ 3.00
Vegetarian Salad	\$ 3.00
Inari	\$ 1.50

SNACK

Licorice	(limit of 3)	\$ 0.40 Or 3 \$1.00
Choc chip muffin		\$ 1.50
Popcorn butter/cheese		\$ 2.00
Vegie crisps salt & vinegar/BBQ cheese		\$ 2.00
Cheese stick		\$ 1.20
Weetbix bites		\$ 0.10
Strawberry Yogurt frogs		\$ 0.40
Fruit		\$ 1.00
Yoghurt tub		\$ 2.00
Boiled egg		\$ 1.00

Frozen treats are not placed in lunch bags.

Your child will need to bring their stamped bag to the canteen after the outside bell rings.

For orders not placed online, you will need to write your child's name, Room number and order on a paper bag (with the correct money enclosed) and place it into the box provided in the schools general office before 9am.

The canteen is closed on Mondays