

## PREPARATORY SCHOOL WINTER CANTEEN MENU TERM 3, 2024

brought to you in partnership with Chartwells

if you have any allergens or dietary needs, please order through the specials menu on MSA or speak to our friendly staff members who can give advice.

the Refectory is open after school from 3.00pm to 3.30pm Monday to Thursday

9442 1583

canteen@ccgs.wa.edu.au

prices may alter without prior notice

lunch orders cannot be taken via email or phone

## DAILY LUNCH SPECIALS

#### MONDAY

Lebanese spiced lamb flatbread with salad &

yogurt \$8.5

chilli bean taco with salsa, shredded cheese &

salad \$8.5

Mrs mac sausage roll \$5.5

### **TUESDAY**

minute steak sandwich with onions, tomato sauce

\$8.5

Thai red lamb curry with steamed

rice \$8.5

#### WEDNESDAY

lemon grass beef stir fry with noodles & veg \$8.5

pulled beef burger with mixed leaf salad & bbq sauce
\$8.5

### **THURSDAY**

fettuccine with pan seared chicken, mushrooms & cheese \$8.5

roast pumpkin & vegetable tagine with \$8.5

#### **FRIDAY**

Mrs mac sausage roll \$5.5 Mrs mac beef pie \$6.0

## sandwiches and wraps

assorted sandwiches	\$6.0
assorted rolls	\$7
assorted wraps	\$6.5

#### selection of fillings made fresh daily

chicken, egg, ham, tuna, salami, beef, turkey, mixed salad, cucumber, lettuce, tomato, cheese, avocado, carrot, onion, mayonnaise, mustard, pickle.

vegemite/jam/honey sandwich \$3.5

## light bites

corn chips with tomato salsa	\$4
rice crackers with tuna	\$4.5
vegi stixs & dip pots	\$3.5
picnic box	\$6.5



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SUSHI		DRINKS
sushi roll (5 pieces)	\$6.9	water 600mL
Cooked tuna , vegetable	, teriyaki c <mark>hicke</mark> n	sparkling water 600mL
FRUIT		pump 750mL
fruit salad cups	\$5.5	flavoured milk 300mL
piece of fruit	\$1.5	flavoured milk 600mL
A. T.		hiLo milk 225mL
S <mark>NACK</mark> S		fuze peach tea 500mL
yog <mark>hu</mark> rt	\$3.2	quelcher juice 450mL
yogo	\$3.7	fruit juice box
jelly cup	\$3.5	up & go 350mL
apricot bites	\$3.0	glee 250mL
grain waves	\$3.2	pump 1L
red rock cri <mark>sps</mark>	\$3.5	
<b>c</b> heese and crackers	\$3.5	ICE CREAMS
<b>p</b> opcorn	\$3.2	
beef jerky 25g	\$5.0	Zooper Dooper moosie
beef jerky 50g	\$6.5	
sauce sachets	\$0.5	lemon / raspberry icy pole vanilla bucket
BAKERY		froyo
	A. F.	milo Cup
muffin of the day	\$5.5	тіно Сар
pastry of the day	\$5.5	
banana bread	\$5.5	
giant cookie	\$4	

\$2.7 \$3.6 \$5.0 \$4.2

\$6.2 \$4.0 \$5.5 \$4.7

\$3.0

\$5.5

\$3.8 \$6.0

\$1.5

\$2.5 \$2.5

\$2.5

\$3.5 \$5.5