# Food Zone Canteen Menu - 2010

## Zone Sandwiches
- Vegemite $1.00
- Cheese $1.30
- Baked Beans OR Spaghetti $1.00
- Ham OR Chicken $2.50
- Salad - (lettuce, tomato, cucumber, beetroot) $2.50

## Salad Box
- Garden Salad - (lettuce, cherry tomatoes, beetroot, carrot, cucumber) $3.00

## Options & Extras
- Chicken or Ham $0.50
- Cheese $0.30
- Pineapple $0.30
- Italian or French Dressing or Mayonnaise $0.20
- Rolls or Wraps $0.50
- Toasted $0.30
- Sauces - BBQ, Tomato Sweet & Sour $0.20

All recess and lunch orders must be placed by 9.30am. Students are encouraged to order all food items as this enables the canteen to run more efficiently.

## Hot Foods
- Mini Party Pie $0.60
- Large Pie $2.20
- Party Pie $1.50
- Sausage Roll $1.70
- Chicken & Gravy Roll $2.50
- Cheese & Bacon Roll $1.00
- Lasagne $2.50
- Sweet Chilli Strips $0.80
- Chicken Nuggets $0.30
- Plain Hamburger $3.00
- Hawaiian Pizza Singles $1.50
- Chicken Burger $2.80
- Hot Dog $1.60

## Quick Snacks
- Biscuits with - Vegemite $0.10
- Tomato or Cheese $0.10
- Cheese & Tomato $0.20
- Custard Cups $0.60
- Seasonal Fruit $0.60
- Slinky Apple $0.70
- Finger Buns $1.00
- Muffins $0.30

## Jelly Cups $0.40
- Red Rock Chips $0.90
- J,J's Chicken or S & V $0.80
- Popcorn $0.60

## Drinks
- Bottled Water $1.00
- Juice - Orange, Apple, Passionfruit $1.00
- Milk - Choc, Straw, Banana $1.20

## From The Freezer
- Slushy $1.00
- Frozen Orange 1/4 $0.10
- Frozen Pineapple Ring $0.40
- Frozen Yoghurt $1.00
- Ice Cream Cup $1.00
- Tropical Juicy Ice Blocks $0.50
- Apple Juicy Ice Blocks $0.50
- Orange Juicy Ice Blocks $0.50

**Special Menu Items**
Specials will be offered as meal deals twice a week.

**TUESDAY**
- Pasta, milk or juice and popcorn $4.50

**THURSDAY**
- Spaghetti
- Bolognese, choice from the snack menu with milk, juice or water $4.50

**WE ARE A FOOD ALLERGY FREE SCHOOL. NO NUT, EGG OR SEAFOOD ITEMS AVAILABLE**

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Cessnock East P&C Canteen Price List 2010. Canteen hours 8.45am – 1.50pm. We are a healthy school canteen.