



The Crunch Bar



Menu 2017

Open for Lunch and Recess orders Monday to Friday – 8.20am – 8.40am

All orders are to be placed online – www.ouronlinecanteen.com.au

Drinks & snacks are available at The Crunch Bar before school, recess and lunch

Please Clearly Note Any Allergies

SANDWICHES and ROLLS		
(Wholemeal rolls, bread)		
	\$	\$
	S/W	Roll
Cheese	\$3.00	\$3.50
Chicken	\$3.50	\$4.00
Egg	\$3.50	\$4.00
Curried Egg no extra charge		
Ham	\$3.50	\$4.00
Tuna	\$3.50	\$4.00
Salad	\$3.50	\$4.00
Vegemite	\$2.50	\$3.00
Add cheese 50c		
WRAPS		
	\$	\$
	Small	Large
Chicken	\$3.00	\$4.00
Egg	\$3.00	\$4.00
Ham	\$3.00	\$4.00
Tuna	\$3.00	\$4.00
Chicken Caesar	\$4.00	\$5.50
ADDITIONS		
Mayo	50c	Avocado 50c
Capsicum	50c	Beetroot 50c
Cheese	50c	Onion 50c
Lettuce, Carrot, Tomato & Cucumber	\$1.00	

SALADS	
Garden Salad with	
	\$
Chicken	\$5.00
Egg	\$5.00
Ham	\$5.00
Tuna	\$5.00

TOASTIES	
	\$
	Sandwich
Cheese	\$3.50
Cheese & Vegemite	\$4.00
Ham	\$3.00
Chicken & Cheese	\$4.00
Ham & Cheese	\$4.00
Tuna & Cheese	\$4.00
Wendi Special	
Chicken, cheese, avocado, onion, capsicum & tomato	
ADDITIONS	
Mayo 50c	Avocado 50c
Onion 50c	Capsicum 50c
Tomato 50c	
TUESDAYS only	
Pie	\$4.50
Sausage Roll	\$3.50

BURGERS (Halal Available)	
	\$
Cheese Burger	\$5.00
Beef Pattie, Cheese & Tomato Sauce	
Hamburger	\$5.00
Beef Pattie, Lettuce, Carrot, Tomato & Tomato Sauce	
Add Cheese	50c
Sweet Chilli Chicken Burger	\$5.00
Chicken strips, Mayo, Lettuce, Carrot, Cucumber	

PIZZAS	
	\$
Cheese	\$4.00
BBQ Chicken	\$5.00
Hawaiian	\$5.00
Homemade	\$5.00
Vegetarian	\$5.00
Bacon & Cheese	\$5.00
Optional Fruit Cup at no extra charge on request	
STUFFED POTATO	
	\$
Cheese	\$5.50
Bacon & Cheese	\$5.50
Baked Beans & Cheese	\$5.50
Chicken and Cheese	\$5.50
Tuna & Cheese	\$5.50
Veggie & Cheese	\$5.50
Optional Salad Cup at no extra charge on request	

HOT FOOD		\$
Curry Chicken		\$5.00
Fried Rice		\$5.00
Vegetarian Fried Rice (Gluten Free)		\$5.00
Lasagne		\$5.00
Macaroni Cheese		\$5.00
Spaghetti Twirls		\$5.00
Nachos (Wednesday Only)		\$5.00
WRAPS - HOT		
Sweet Chilli Chicken Snack		\$3.50
Sweet Chilli Chicken		\$5.00

DRINKS		\$
Available before school, recess and lunch		
100% Fruit Juice Box		
Apple	Apple & Blackcurrant	\$2.00
Orange	Tropical	
Flavoured Milk		\$2.00
Banana	Chocolate	
Choc Mint	Strawberry	
Up & Go Liquid Breakfast Drink		\$2.00
Caramel	Chocolate	
Strawberry	Vanilla	Banana
Water-	600ml Bottle	\$2.00

About The Crunch Bar.....

As a school we strive to offer the students the best quality food we can including fresh and nutritious options for recess and lunch.

The P&C has strived to establish the Crunch Bar as a healthy choice canteen with over 90% of our food 'Green Light' which adheres with the Healthy Food and Drink Policy established by the Department of Education since 2007.

Volunteer help is always appreciated any time your schedule allows.
Emergency orders can be phoned through to the Canteen on 9456 8300.

RECESS AND LUNCH SNACKS		\$
Cheesy		\$1.50
Chicken Cheesy		\$2.00
Bacon Cheesy		\$2.00
Vegemite Scroll		\$1.50
Cheese & Bacon Scroll		\$1.50
Yogo – Chocolate		\$2.00
Jelly with Fruit (small)		\$1.00
(large)		\$2.00
Fruit Salad Cup (small)		\$1.00
(large)		\$2.00
Fresh Fruit – 1 piece		\$1.50
Apple Red / Green	Watermelon	
Orange		
Popcorn		\$.50
Slinky Apple		\$1.50

ICE CREAM & ICY TREATS		\$
Icy Pole		\$1.00
Slushies – Term 1 & 4 ONLY		\$2.50
Strawberry	Tropical	Mix of the Day
Snow Cones		\$2.00
Chocolate	Choc Mint	
Strawberry	Banana	

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BEFORE SCHOOL SNACKS	
All drinks are available before school	
Cash Sales at the Canteen	
Fresh Fruit – 1 piece	\$1.50
Apple Red / Green	
Watermelon	
Orange	
Slinky Apple	\$1.50
Vegemite Scroll	\$1.50
Cheese & Bacon Scroll	\$1.50
Popcorn	60c
Milo Term 2 & 3 ONLY	\$1.00

Soup of the Week	
Term 2 & 3 ONLY	
Small (students)	\$4.00
1 slice of bread add	50c
Large (Teachers)	\$5.50
1 slice of bread add	.50c
	

