

The Crunch Bar

Menu 2018

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

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

Or cash over the counter prior to 8.40am.

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

Recess Items \$1 a Day—includes hasbrowns, cheesy subs and jelly cups.

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	
Vegetemite	\$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	\$1.00
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 & Vegetemite		\$4.00
Ham		\$3.00
Chicken & Cheese		\$4.00
Ham & Cheese		\$4.00
Tuna & Cheese		\$4.00
Wendi Special		\$6.00
Chicken, cheese, avocado, onion, capsicum & tomato		
ADDITIONS		
Mayo 50c	Avocado	\$1.00
Onion 50c	Capsicum	50c
	Tomato	50c
TUESDAYS only		
Pie		\$4.50
Sausage Roll		\$3.50
WRAPS — HOT		
Sweet Chilli Chicken Snack		\$3.50
Sweet Chilli Chicken		\$5.00

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			
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
Spaghetti & Meatballs	\$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 \$2.00

Apple	Apple & Blackcurrant
Orange	Tropical

Flavoured Milk \$2.00

Banana	Chocolate
Neapolitan	Strawberry

Up & Go Liquid Breakfast Drink \$2.00

Chocolate

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

	\$
Vegemite Scroll	\$1.50
Cheese & Bacon Scroll	\$1.50
Yogo – Chocolate	\$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

RECESS ITEMS \$1 A DAY....

Includes Hashbrowns, cheesy subs and fruit cups....

Over the counter sales only

BEFORE SCHOOL SNACKS

All drinks are available before school
Cash Sales at the Canteen

Fresh Fruit – 1 piece \$1.00
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



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