

# The Crunch

## Bar



### Menu 2023

## Catering by RoseKourtz

Open for Lunch and Recess orders  
Wednesday, Thursday and Friday  
8.20am – 8.40am

All orders are to be placed  
online –

[www.quickcliq.com.au](http://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

**Please Clearly Note Any Allergies**

### SANDWICHES AND TOASTED SANDICHES

#### ALL WRAPS \$5.00

White or Wholemeal Bread

Ham and Cheese	\$4.50
Ham, Cheese and Tomato	\$5.00
Chicken and Cheese	\$5.00
Chicken and Salad	\$5.00
Cheese	\$3.00
Cheese and Tomato	\$3.50
Ham and Salad	\$4.00
Vegemite	\$2.00

#### BURGERS

Hamburger	\$5.00
Chicken Burger	\$5.00
Hot Chicken and Mayo Roll	\$5.00

#### HOT MEALS

Butter Chicken & Rice	\$5.00
Pasta	\$5.00
Lasagne	\$5.00
Macaroni and Cheese (V)	\$5.00
Potato Bake (V)	\$5.00
Rice & 2 Chicken Wings	\$5.00

#### SUSHI

Tuna Sushi (4 pieces)	\$5.00
Chicken Sushi (4 pieces)	\$5.00

#### HOT FOOD

Hot (red sausage) Dog	\$4.00
Potato Gems	\$2.50
Nachos (V)	\$2.00
Chicken Wings (2)	\$4.00
Stuffed Potato with Cheese	\$4.50
Stuffed Potato with Cheese and Bacon	\$4.50
Chicken Nuggets (5 Pieces)	\$4.00

Sweet Chilli Chicken Roll or Wrap \$5.00

#### PIZZA

Cheese and Bacon	\$4.50
Vegetarian	\$4.00
Cheese	\$4.00

#### HALAL

Pies	\$4.50
Sausage Rolls	\$4.00
Beef Red Hotdog	\$5.00
Lasagne	\$5.00

#### FRESH FRUIT AND SALAD

Carrot Cups	\$1.00
Fruit Cups	\$2.00
Piece of Fruit	\$1.00
Fruit Salad Cup	\$3.00
Crunch and Sip	\$3.00
Potato Salad	\$4.00
- <i>Potato, egg, bacon, spring onion and Mayo</i>	
Greek Salad	\$4.00
- <i>Spinach, tomato, cucumber and fetta</i>	
Tuna Salad	\$4.00
- <i>Tuna and mixed salad</i>	
Tuna and Pasta Salad	\$4.00
- <i>Tuna, Mixed salad and pasta</i>	



## DRINKS

Juice Boxes	\$1.50
- Tropical, Apple and Raspberry, Orange and Mango	
Pop Top Apple	\$2.00
Flavoured Milk	\$2.50
- Chocolate, Strawberry, Banana	
Orange C	\$2.50
Water	\$2.00



## SNACKS – Recess and Lunch

<b>Jelly Cup – Friday Only</b>	\$1.00
Yoghurt	\$1.00
- Strawberry, Mango, Vanilla	
Tiny Teddies	\$1.00
Veggie Chips (GF)	\$1.00
Ovaltine's	\$1.00
Popcorn	\$1.00
Pretzels	\$1.00
Chocolate/Strawberry Bombs	\$1.00

## SNACKS – Recess

Nachos	\$2.50
Cheesie	\$2.00

## ICE CREAMS \$1.50

*Various other snacks available each day*

We would really appreciate and welcome parent and community volunteers, if you can spare a couple of hours please come and see us.

*Courtney and Amy.*

Please contact the canteen if you have a special request and we will try and accommodate you.

### Pastries Available to Purchase on Thursday only:

Beef Pie (Halal)	\$4.00
Sausage Roll	\$4.00
Sausage Roll (Halal)	\$4.00
Cup of 4 Party Pies	\$4.0
Cup of 4 Sausage Rolls	\$4.00
Spinach and Cheese Sausage Roll (V)	\$4.00

## Lunch Specials - \$7.00

### Wednesday

Chicken Nuggets (5 pieces)  
Juice Box  
Piece of Fruit  
Choice of a \$1.00 snack

### Thursday

Pastry  
Juice Box  
Piece of Fruit  
Choice of \$1.00 snack

### Friday

Burger – Any listed above  
Juice Box  
Piece of Fruit  
Choice of \$1.00 Snack