

# Iona Presentation College Canteen

LUNCH MENU TERM 4 2011



SANDWICHES			
<i>Multigrain Rolls an extra \$1/Lavish Bread an extra 60c</i>			
<i>Salad sandwich fillings include: lettuce, tomato, cucumber and carrot</i>			
Vegemite	\$1.00	Ham and Salad	\$3.50
Tuna	\$3.00	Ham, Cheese and Tomato	\$3.50
Tuna & Salad	\$3.50	Ham and Cheese	\$3.50
Tuna, Tomato and Onion	\$3.50	Plain Egg/Curried Egg	\$2.50
Skinless Roast Chicken	\$3.00	Egg and Salad	\$3.50
Chicken and Salad	\$3.50	Avocado, Sundried Tomato, Spinach & Feta	\$4.00
Chicken, Avocado & Mayonnaise	\$4.00	Cheese or Cottage Cheese	\$2.00
Ham	\$3.00	Cheese and Salad	\$3.50
Salad	\$3.00		

EXTRAS – TOASTED an extra 20c.			
<i>All fillings available in Rolls, Lavish, Sandwich Loaves (wholemeal, multigrain)</i>			
Mayonnaise, Sauce, Pickle	20c	Lettuce, Carrot, Onion	20c
Beetroot	30c	Tomato, Egg	50c
Cheese	60c	Avocado, Sundried Tomato	\$1.00

SALADS/FRUITS and LUNCH BOXES			
Caesar – small	\$3.50	Garden Salad with Chicken, Ham, Tuna	\$5.00
Caesar – large	\$4.50	Garden Salad with Cheese or Egg	\$4.50
Chicken Caesar – small	\$4.00	Fruit in season	M/P
Chicken Caesar – large	\$5.00	Fruit Salad – small	\$3.00
Garden Salad	\$4.00		

OTHER	
Sauces and Dressings (Tomato, Sweet Chilli, Caesar and Italian)	\$0.30
Sushi – Variety 5 pieces (Chicken or Tuna)	\$4.50
Carrot/Celery Sticks and Dip	\$2.00
½ Lavish with assorted fillings	\$2.50

DRINKS		TREATS (1 per person)	
Chill – 300ml (Chocolate, Banana, Spearmint, Strawberry)	\$2.00	Vegie Chips	\$1.50
Chill – 600ml (Chocolate, Banana, Spearmint, Strawberry)	\$3.00	Rice Stixs	\$1.00
Popper Juice – 250ml (Apple, Apple & Black Currant, Orange, Tropical)	\$1.50	Sesame Snack	\$1.00
Original Juice – 350ml (Apple, Orange, Pineapple, Tropical,	\$2.50	Lolly Bags	\$1.20
Apple & Blackcurrant, Apple Banana & Mango)	\$2.50	Milo Energy Bars	\$1.50
Loi (Tropical, Raspberry, Mango, Blackcurrant)	\$2.50	Large Biscuits – Smartie, Double Choc, White Choc, Macadamia	\$2.50
Natural Spring Water	\$1.50	Small Biscuits-Sprinkle Shortbread Anzac	\$1.50
		Choc Yogo	\$1.50
		Yogurt: Mixed Berry, Frenzy, Creamy Vanilla, Strawberry Sunday Creamy Vanilla	\$1.50
		 <b>ASSORTED ICE-CREAMS MONDAY &amp; FRIDAY ONLY</b> 	



## Iona Presentation College Canteen

### DAILY LUNCH SPECIALS TERM 4 2011

*Note: These items will only be available on the day specified*

#### MONDAY

<u>Ham Cheese &amp; Tomato Toasted Turkish</u>	\$5.00
<u>Spinach &amp; Ricotta Pasta</u>	\$5.00
<u>Homemade Greek Salad</u>	\$4.50

#### TUESDAY

<u>Chicken Burger</u>	\$5.00
<u>Spaghetti Bolognese</u>	\$5.00
<u>Rainbow Rice Noodle Salad</u>	\$4.50

#### WEDNESDAY

<u>B.L.T</u>	\$5.00
<u>Veitnamese Chicken Rice Paper Rolls</u>	\$5.00
<u>Homemade Potato Salad With Greens</u>	\$4.50

#### THURSDAY

<u>Sweet Chilli Chicken Wrap</u>	\$5.00
<u>Vegetarian Penne Pasta</u>	\$5.00
<u>Homemade Pasta Salad</u>	\$4.50

#### FRIDAY

<u>Iona Burger</u>	\$5.00
<u>Spinach Fetta Avacado &amp; Sundried Tomato Toasted Turkish</u>	\$5.00
<u>Thai Fish Cakes &amp; Garden Salad</u>	\$5.00





## Iona Presentation College Canteen

### RECESS MENU TERM 4 2011

*Note: These items will only be available on the day specified*

#### MONDAY

Sushi	\$4.50	Good Eating Potato Pie	\$3.00
½ Lavish – Meat or Cheese and Salad	\$2.50	Good Eating Cruiser Pie	\$3.00
Cookies – small	\$1.40	Party Pie	\$0.70
Cookies – Large	\$2.50	Good Eating Sausage Roll	\$2.50
Carrot/Celery and Dip	\$2.00	Good Eating Spinach & Ricotta Roll	\$3.00
Fruit Salad	\$3.00	Good Eating Vegetarian Pastie	\$3.00

#### TUESDAY

Sushi	\$4.50	Carrot/Celery and Dip	\$2.00
½ Lavish – Meat or Cheese and Salad	\$2.50	Vegetarian Pasta Cups	\$2.50
Cookies – small	\$1.40	½ Toasted Turkish with Ham, Cheese & Tomato	\$2.50
Cookies – Large	\$2.50	½ Chicken , avocado and cheese	\$2.50
Fruit Salad	\$3.00	toasted pita bread	

#### WEDNESDAY

Sushi	\$4.50	Carrot/Celery and Dip	\$2.00
½ Lavish – Meat or Cheese and Salad	\$2.50	Bacon and Egg Muffins	\$2.50
Cookies – small	\$1.40	Macaroni Cheese	\$2.50
Cookies – Large	\$2.50	Half Chicken Ceasar Wrap	\$2.50
Fruit Salad	\$3.00		

#### THURSDAY

Sushi	\$4.50	Sweet Chili Chicken Strips	\$1.00
½ Lavish – Cheese and Salad	\$2.50	Nacho Bowl	\$3.00
Cookies – small	\$1.40	Homemade Pizza	\$3.00
Cookies – Large	\$2.50	Spinach and Sundried Tomato Pasta Cups	\$2.50
Fruit Salad	\$3.00		

#### FRIDAY

Sushi	\$4.50	Good Eating Potato Pie	\$3.00
½ Lavish – Meat or Cheese and Salad	\$2.50	Good Eating Cruiser Pie	\$3.00
Cookies – small	\$1.40	Party Pie	\$0.70
Cookies – Large	\$2.50	Good Eating Sausage Roll	\$2.50
Carrot/Celery and Dip	\$2.00	Good Eating Spinach & Ricotta Roll	\$3.00
Fruit Salad	\$3.00	Vegetarian Pastie	\$3.00

