



Iona Presentation College Canteen

LUNCH MENU TERM 3 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
		Rice Stixs	\$1.00
Chill – 600ml (Chocolate, Banana, Spearmint, Strawberry)	\$3.00	Sesame Snack	\$1.00
		Lolly Bags	\$1.20
Popper Juice – 250ml (Apple, Apple & Black Currant, Orange, Tropical)	\$1.50	Milo Energy Bars	\$1.50
		Large Biscuits – Smartie, Double Choc, White Choc, Macadamia	\$2.50
Original Juice – 350ml (Apple, Orange, Pineapple, Tropical,	\$2.50	Small Biscuits-Sprinkle	\$1.40
		Shortbread	
		Anzac	
Apple & Blackcurrant, Apple Banana & Mango)	\$2.50	Choc Yogo	\$1.50
Lol (Tropical, Raspberry, Mango, Blackcurrant	\$2.50	Yogurt: Mixed Berry, Frenzy, Creamy Vanilla, Strawberry Sunday	\$1.50
		Creamy Vanilla	
Natural Spring Water	\$1.50	 ASSORTED ICE-CREAMS MONDAY & FRIDAY ONLY 	



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DAILY LUNCH SPECIALS TERM 3 2011

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

MONDAY

<u>Sweet Chilli Chicken Wrap</u>	\$4.50
<u>Spinach & Ricotta Pasta</u>	\$4.50
<u>Homemade Pumpkin Soup & Roll</u>	\$3.50

TUESDAY

<u>Fettuccini in a Creamy Bacon Sauce</u>	\$4.50
<u>Spinach, Fetta, Sundried Tomato & Avocado Toasted Turkish</u>	\$4.50
<u>Homemade Pumpkin Soup & Roll</u>	\$3.50

WEDNESDAY

<u>B.L.T</u>	\$4.50
<u>Veggie Penne Pasta</u>	\$4.50
<u>Homemade Pumpkin Soup & Roll</u>	\$3.50

THURSDAY

<u>Iona Burger</u>	\$4.50
<u>Toasted Cheese, Tomato, Capsicum & Roasted Eggplant Sub</u>	\$4.50
<u>Homemade Pumpkin Soup & Roll</u>	\$3.50

FRIDAY

<u>Ham, Cheese & Tomato Toasted Turkish</u>	\$4.50
<u>Spag Bol</u>	\$4.50
<u>Homemade Pumpkin Soup & Roll</u>	\$3.50





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RECESS MENU TERM 3 2011

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

MONDAY

Sushi	\$4.50	Good Eating Potato Pie	\$2.70
½ Lavish – Meat or Cheese and Salad	\$2.50	Good Eating Cruizer Pie	\$2.70
Cookies – small	\$1.40	Party Pie	\$0.70
Cookies – Large	\$2.50	Good Eating Sausage Roll	\$2.20
Carrot/Celery and Dip	\$2.00	Good Eating Spinach & Ricotta Roll	\$2.70
Fruit Salad	\$3.00	Good Eating Vegetarian Pastie	\$2.70
		Chicken Noodle Soup	\$2.00

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 toasted pita bread	\$2.50
Fruit Salad	\$3.00		\$2.00
		Chicken Noodle Soup	\$2.00

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	½ Chicken Cheese Toasted Roll	\$2.50
Fruit Salad	\$3.00	Chicken Noodle Soup	\$2.00

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	Chicken Noodle Soup	\$2.00

FRIDAY

Sushi	\$4.50	Good Eating Potato Pie	\$2.70
½ Lavish – Meat or Cheese and Salad	\$2.50	Good Eating Cruizer Pie	\$2.70
Cookies – small	\$1.40	Party Pie	\$0.70
Cookies – Large	\$2.50	Good Eating Sausage Roll	\$2.20
Carrot/Celery and Dip	\$2.00	Good Eating Spinach & Ricotta Roll	\$2.70
Fruit Salad	\$3.00	Vegetarian Pastie	\$2.70
		Chicken Noodle Soup	\$2.00

