



# canteen concord

brainfoodforyoungminds

Our canteen is proudly run by parents and volunteers who are looking to provide our children with nutritional meals in accordance with the NSW school healthy eating guidelines. We thank you for your support.

Lunch orders must be received by **8:30am** via QuickCliq.

Snacks can be ordered by the children at lunch time. Cash only

## Menu

### Monday – Pita Pizza Day

1. Pita Pizza 1. Margarita, 2. Hawaiian	\$4.00
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### Tuesday & Thursday – Sushi / Toasted Sandwiches

2. Cooked Tuna Sushi with cucumber or carrot	\$3.50
3. Teriyaki Chicken Sushi with cucumber or carrot	\$3.50
4. Teriyaki Beef Sushi with cucumber or carrot	\$3.50
5. Vegetarian Sushi	\$3.50
6. Toasted Sandwiches (Cheese, Ham & Cheese, Ham, Cheese & Tomato)	\$3.50

### Wednesday - Pasta Day

7. Lasagne	\$4.00
8. Macaroni Cheese	\$4.00
9. Spaghetti Bolognese	\$4.00

## Monday, Tuesday, Wednesday & Thursday - Sandwiches

10. Vegemite	\$3.00
11. Cheese	\$3.00
12. Vegemite + Cheese	\$3.50
13. Ham	\$3.50
14. Ham + Cheese	\$3.50
15. Ham + Salad	\$4.00
16. Tuna	\$4.00
17. Tuna + Salad	\$4.50
18. Salad	\$4.00
Bread Options: White Hi Fibre & Multigrain. Salad Options: Lettuce, Tomato, Carrot & Cucumber Sauce: Tomato and BBQ	

## Friday

Chicken roll/wrap (Lettuce, cheese, BBQ sauce or tomato sauce)	\$5.00
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## Snacks / Drinks

19. Just Juice 200ml (Apple, Tropical, Orange, and Apple Blackcurrant)	\$2.00
20. Milo 200ml	\$2.50
21. Water 600ml	\$1.00
22. Moove 250ml Chocolate or Strawberry	\$2.50
23. Quelch Fruit Juice Sticks	\$1.00
24. Twisted Frozen Yogurt	\$3.00
25. Popcorn (Lightly Salted, BBQ and Chicken)	\$1.00
26. Frozen Juice Cups	\$1.00
27. Mamet Rice Sticks	\$1.50