

Canteen MENU

St John Paul II
Catholic College



BREAKFAST

Hot Food

Bacon Roll (A)	\$3.50
Egg Roll (A)	\$3.50
Bacon Egg Roll/Wrap (A)	\$4.00

Breakfast Meal Deal (A)

Egg & bacon roll or wrap & small flavoured milk	\$5.50
Toasted banana bread & small flavoured milk	\$5.50
Toasted ham, cheese & tomato sandwich & small flavoured milk	\$6.00

Toasted Sandwiches (G)

Cheese	\$3.30
Ham & cheese	\$3.60
Ham, cheese & tomato	\$4.00

Toast (G)

Jam or honey	\$2.00
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Healthy Start

Fresh Fruit Salad (G) (GF) Seasonal Fruit & Yoghurt	\$4.00
Yoghurt & Muesli (G) (GF)	\$4.00
Yoghurt & Berries (G) (GF)	\$4.00
Fruit available daily	\$1.00

Cereal & Milk (G)

Assorted	\$2.50
Smoothies (G)	\$4.00

COLD BAR

Sushi (G) (GF)

Chicken Teriyaki (G)	\$3.50
Tuna (GF) (G)	\$3.50
California Roll (G)	\$3.50
Vegetable (GF) (G)	\$3.50
Vietnamese rice paper roll (G)	\$4.00

Wraps (G)

Sweet chilli chicken, salad & cheese	
Chicken Caesar, croutons, bacon, cheese & Caesar dressing	
Falafel, tabouli, cucumber, lettuce & hommus	
Chicken tandoori, yoghurt, cucumber & lettuce	
Chicken schnitzel, tabouli, hommus, tomato & lettuce	
Single wrap	\$3.50
Double wrap	\$5.50

HOT FOOD



Gourmet Burger (A)

Fresh beef, onion, bbq sauce, beetroot, tomato, lettuce	\$5.00
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Chicker Ceasar Burger (A)

Grilled chicken, Caesar dressing, bacon, croutons & cos lettuce	\$5.00
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Veggie Burger (G)

Chickpea & lentil pattie, yoghurt, avocado, beetroot, alfalfa & cheese	\$5.00
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Peri Peri Portuguese Burger (A)

Portuguese chicken, peri peri sauce, lettuce	\$5.00
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Chicken Burger (A)

Fresh chicken pattie, lettuce & mayo	\$4.60
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Fish Burger (A)

Battered fish, lettuce & mayo	\$4.80
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Cheese Burger (A)

Fresh beef pattie, tasty cheese, tomato sauce & fresh tomato	\$4.60
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Hot Chicken Schnitzel Roll (A)

Chicken schnitzel, lettuce & mayo	\$5.00
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Sweet Chilli Chicken Tender Roll (A)

Sweet chilli chicken, lettuce & mayo	\$4.50
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Hotdog	\$4.00
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Pasta

Lasagne (G)

Homemade beef	\$5.50
Homemade vegetarian	\$5.50

Pasta | Penne (G)

Vegetarian	\$5.50
Char grilled vegetables & salsa	

Chicken Fettuccine (A)

Chicken, sundried tomatoes, in a pink sauce	\$5.50
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Spaghetti Bolognese (G)

Meatballs	\$5.50
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Hot Meals

Special Fried Rice (G)	\$4.50
Butter Chicken (A) With rice	\$5.50
Satay Chicken (A) With rice	\$5.50
Curry Chicken (A) With rice	\$5.50
Mongolian Beef (A) With rice	\$5.50
Sweet & Sour Pork (A) With rice	\$5.50

Pies

Lean Beef Pie (A)	\$3.50
Lean Sausage Rolls (A)	\$3.30
Lean Shepherd's Pie (A)	\$3.80
Spinach & Ricotta Roll (A)	\$3.50

Home Made Pizza Slab

Margarita (G) Cheese & Tomato	\$4.00
Vegetarian (G) Olives, eggplant & roast capsicum	\$4.50
Hawaiian (G) Ham & Pineapple	\$4.50

SAVOURY

Salads

	Small	Large
Greek Salad (G) (GF) Tomato, cucumber, onion, capsicum, olives and feta	\$4.00	\$5.00
Chicken Avocado Pasta Salad (G) Onions, mayonnaise, avocado, chicken, carrot, capsicum and parsley	\$4.00	\$5.00
Tuna Pasta Salad (G) Tuna, carrot, capsicum parsley, pasta	\$4.00	\$5.00
Pesto Pasta Salad (G) Pesto, olives, sundried tomatoes & carrot	\$4.00	\$5.00
Pumpkin Salad (G) (GF) Pumpkin, English spinach, pine nuts & feta cheese	\$4.00	\$5.50
Garden Salad (GF) Mesclun lettuce, cherry tomatoes, cucumber, carrot, capsicum & sprouts	\$3.50	\$4.50
Potato Salad (GF) Potato, parsley, Spanish onion & mayo	\$3.00	\$4.00
Chicken Caesar (G) Cos lettuce, Caesar dressing, bacon and croutons	\$4.50	\$5.50
Green Bean (G) (GF) Mixed beans, capsicum & parsley	\$3.50	\$4.50

Sandwich Bar

Chicken (G) Lettuce & mayo	\$4.00
Turkey (G) Cranberry, alfalfa, cheese	\$4.00
Cheese Tomato (G) Cheese & tomato	\$3.50
Smoked Ham (G) Cheese & tomato	\$4.00
Chicken schnitzel (G) Hommus & tabouli	\$4.00
Salad (G) Lettuce, tomato, cucumber, beetroot, onion & alfalfa	\$4.00
Egg (G) Mayo & lettuce	\$3.50
Tuna (G) Mayo, cucumber, Spanish onion & cheese	\$4.00
Vegetarian (G) Grilled eggplant, lettuce, sundried tomato, roast capsicum	\$4.00

Breads (G)	White, wholemeal or multigrain
	Wrap
	White roll
	Turkish/Focaccia

Turkish Breads

Chicken Schnitzel Delight (A) Chicken schnitzel, roast capsicum, pesto & cheese	\$5.50
Chicken Delight (A) Roast chicken, avocado, sundried tomatoes & cheese	\$5.00
Mediterranean Delight (A) Olives, artichokes, roast capsicum & fetta cheese	\$5.00
Vegetarain Delight (A) Eggplant, sundried tomatoes, roast capsicum & cheese	\$5.00
Ham Delight (A) Smoked ham, sundried tomatoes, olives & cheese	\$5.00
Turkey Delight (A) Roast turkey, cranberry sauce & cheese	\$5.00

BEVERAGES · COLD DRINKS

Juice 250ml (G) \$2.50 · Juice 500ml (A) \$3.50	
Orange, Orange Mango, Orange Passionfruit, Apple	
Water (G)	
Spring Water 600ml.....	\$2.00
Spring Water Sports Cap 1ltr.....	\$3.50

Ice Tea (A)	
Lemon, Mango, Peach or Green Citrus.....	\$3.80
Milk Low Fat 300ml (G) \$2.50 • Milk Low Fat 600ml (G) \$3.50	
Chocolate, Strawberry, Iced Coffee, Banana	

Dare 500ml (A)	
Espresso or Mocha.....	\$3.80
Flavoured Milkshakes (A)	
Chocolate, strawberry, vanilla, caramel.....	\$3.50