



# Epping Heights Public School

## 2011 Canteen Menu

Open: Tuesday - Orders & Recess/Lunch Counter

Open: Friday - Recess Counter



### Snacks - recess/lunch counter

#### Frozen

Orange Segments	\$0.20
Pineapple Rings	\$0.40
Pineapple Juice Cups	\$0.40
Milk Cups - (Chocolate or Strawberry)	\$0.40
Juice Tubes (99% Juice)	\$0.50
Frozen Yoghurt Tubs - (Strawberry, Mango, Apricot, Fruit Salad, Raspberry or Passionfruit)	\$1.50

#### Pantry

Sunripe Fruit Straps	\$0.50
Jumpys	\$0.60
Rice Crackers	\$0.05
Fantastic Delites Chips	\$0.80
Piranha Chips	\$0.80
Popcorn	\$0.60
Pikelets*	\$0.40
Cheese & Bacon Rolls*	\$0.80
Cheese & Biscuits	\$1.20



### Lunch Food - lunch orders only

#### Sandwiches (high fibre white bread)



For rolls and wraps please add 20c

Vegemite	\$1.50
Cheese	\$1.70
Chicken Breast	\$2.50
Chicken, Lettuce and Mayo	\$2.80
Egg (Mashed with Mayonnaise)	\$2.00
Tuna	\$2.50
Ham	\$2.50
Ham, Cheese and Tomato	\$2.80
Salad (lettuce, tomato, cucumber, carrot)	\$2.50
Ham and Salad	\$3.00
Chicken and Salad	\$3.50

#### Extras

Salad (lettuce, tomato, cucumber, carrot)	\$0.20
Egg, Chicken, Ham or Cheese	\$0.50

#### Salad Bowl - lunch orders only

Lettuce, Tomato, Carrot, Cucumber	\$3.00
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#### Extras

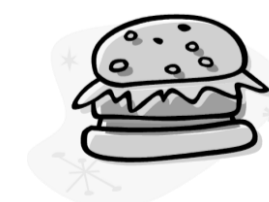
Egg, chicken, ham or cheese	\$0.50
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#### Sushi - lunch orders only

Teriyaki Chicken	\$3.00
Tuna & Cucumber	\$3.00
Beef & Lettuce	\$3.00
Vegetable	\$3.00

#### Hot Food - lunch orders only

Chicken Burger (Chicken patty, lettuce, mayo)	\$3.00
Lentil Burger (Lentil patty, lettuce, sweet chilli sauce)	\$3.00
Pizza Single - Cheese & Bacon	\$2.20
Pizza Single - Ham & Pineapple	\$2.20
Sausage Roll	\$1.80
Meat Pie - Cruiser style	\$2.80
Macaroni Cheese	\$3.00
Lasagne	\$3.00
Gluten Free Vegetarian Fried Rice	\$3.00
Tomato Sauce	\$0.20



### Hot - recess/lunch counter

Hash Browns	\$0.50
Yummy Drummies	\$0.70
Mini Pies	\$1.50
Hot Cheese Rolls*	\$0.80

### Drinks - over counter and lunch orders

Flavoured milk - (Chocolate, Strawberry)	\$1.20
Plain full cream milk - 300mL	\$1.20
Just Juice - (Apple, Apple & Blackcurrant, Orange & Mango, Orange, Paradise Punch)	\$1.20
Bottled water	\$0.70



Items marked with a \* only available over the counter on Tuesdays



**Please write lunch orders on a paper bag**  
**Include: name, class, order and totals.**  
**You may need to include a second bag if a lot of food has been ordered.**