

CEPS Canteen Menu 2009



All orders must be in by 9:30am. Please ensure name, class, order and price are in the middle of the bag. *Place your bag with payment inside in the Orders Box at the CEPS Office.* Separate bags required – one for recess orders and one for lunch orders.

No bag? – 5c charge per bag applies.

G SANDWICHES

Vegemite, Honey, Jam	\$1.20
Chicken, Ham	\$2.30
Egg, Cheese, Banana	\$2.00
Salad	\$2.80
Tuna	\$2.60
Chirpy Chicken – Chicken, lettuce, tomato, cheese and mayo	\$2.50
Energy Egg – Egg, lettuce, mayo	\$2.50
Happy Ham – Ham, tomato and cheese	\$2.50
BLT – Bacon, lettuce, tomato	\$2.50

NOTE: All sandwiches available on breadroll or wrap for extra 50c

G SALAD CUP

Lettuce, carrot, tomato, beetroot, cucumber, cheese	\$3.00
---	--------

G CAESAR SALAD CUP

Lettuce, cheese, bacon, egg, croutons, dressing	\$3.50
---	--------

EXTRAS

Bread rolls, wraps	50c
Toasted	20c
Pineapple, cheese	40c
Lettuce, tomato, cucumber, carrot, beetroot	20c
Egg	50c
Chicken, ham, tuna	\$1.00
Sauces – BBQ, Tomato or Sweet & Sour	25c
Dressings – Italian, Caesar or Mayo	30c

HOT FOOD

G Hot Cheese Roll	50c
▼ LUNCHTIME ONLY	
A Party Pie	\$1.30
A Sausage Roll	\$1.50
A Chicken Chippies (max 10)	30c
G Chicken Burger	\$2.50

SNACKS

Fresh Fruit	50c
Popcorn	20c
Fairy Bread	10c
Red Rock Chips	85c
Muffins	\$1.00
Finger buns	80c
Cheese & bacon rolls	80c

DRINKS

G Milk – choc, strawberry, banana	\$1.20
G Popper Juice – apple, orange	\$1.00
G Water	\$1.00
A Mineral Water – orange, blue	\$1.20
G Hot Milo	\$1.00

LUNCHTIME TREATS

G Frozen fruit tube	40c
G Mini frozen fruit tube	10c
G Frozen juice cup	50c
A Snowfalls/Baby Bottles	50c
A Slush Puppies	\$1.60

R RED – STOP!
Only eat these foods occasionally.

A AMBER – CAUTION
Select from these foods carefully.

G GREEN – GO, GO GO!
Eat these nutritious foods freely!