

SUNFLOWER EATERY MENU 2020

****WE ARE OPEN EVERY DAY OF TERM****

Phone: 4358 1501

Canteen Manager: Tracey Marley

RECESS/SNACKS

Fresh fruit pieces	\$0.40
Fruit Salad Cups	\$0.60
Jelly	\$1.00
Potato Sticks	\$1.20

RECESS SPECIALS

2 or 3 of the following items are available each day:

Garlic Bread	\$1.50
Scrolls	\$0.70
Mini Nachos	\$1.20

DRINKS

Juice: Orange, Apple & Apple Blackcurrant	\$2.30
Oak Milk: Chocolate	
Banana or Strawberry	\$2.30
Up & Go: Choc & Strawberry	\$2.50
Plain Milk	\$2.00
Water: Small	\$1.10
Lactose Free Choc Milk	\$2.30

EXTRAS

Spoon/Fork	\$0.10
Lunch Bag	\$0.10
Sauce: Tomato, BBQ	\$0.30

SANDWICHES (Wraps \$1.00 extra)

Vegemite	\$2.50
Cheese	\$2.90
Cheese & Tomato	\$3.00
Chicken Breast	\$3.50
Chicken Lettuce & Mayo	\$4.00
Salad	\$4.00
Chicken & Salad	\$4.50
Toasted ADD	\$0.30

SALAD BOXES

Garden Salad	\$4.50
Lettuce, tomato, cucumber, carrot, capsicum, & cheese	
Caesar Salad	\$4.50
Lettuce, cucumber, cheese, bacon, croutons & Caesar dressing	
ADD Chicken to either salad	\$1.10

HOT LUNCHES

Hamburger – homemade pattie, tomato, lettuce & sauce	\$4.20
Add cheese	\$4.70
Chicken burger – Fresh cooked	
Chicken breast, lettuce & mayo	\$4.20
Add cheese	\$4.70
Homemade bolognese	\$4.20
Homemade macaroni & cheese	\$4.20
Mexican wrap – Warm chicken breast, lettuce, cheese & salsa	\$4.80
Freshly made pizza: Meatlovers,	
Ham & pineapple or cheese	\$4.20
Nachos (GF)	\$4.20
Chicken Tender	\$1.70
Gluten Free Chicken Tender	\$1.70
Lean Sausage Roll	\$2.70
Lean small Pie	\$2.50
Lean large Pie	\$3.70

ADD A SIDE SALAD TO ANY LUNCH ORDER FOR ONLY \$1.00

LUNCH TIME TREATS

Slushies (Limit of 1 per child)	\$2.20
Quelch Fruit Sticks	\$0.70
Calippo Raspberry	\$1.20
Moosies	\$1.20
Icy Bites	\$0.20
Red Rock Deli Chips	\$1.50
Sumo Cookies	\$0.60

Lactose free cheese is available on request, if you have any special dietary requirements please come in and see Tracey.



Recess treats **CANNOT** be ordered on lunch bags or via the Compass Portal. Students must purchase them over the counter.

Volunteers are always welcome, needed and appreciated. Please contact Tracey if you would like to help out. If you are unable to commit on a regular basis, feel free to drop in whenever you are available. Our peak times are 9:30am to 10:30am & 12:15pm to 1:15pm. We would love to see you!

The Sunflower Eatery endeavours to meet all the criteria of a healthy canteen. We are nut free and use low fat products whenever available.

