

ABERMAIN PUBLIC SCHOOL P&C CANTEEN - Term 1, 2020

BREAKFAST

8.45am – 9am

Toast	
Vegemite1 slice	\$0.50
Fruit	\$0.50
2 Pikelets	\$0.20

SANDWICHES

(Wholemeal)

Vegemite	\$1.50
Lite Cheese	\$1.60
Lite Cheese & Tomato	\$2.00
Egg	\$2.50
Egg & Lettuce	\$2.80
Tomato	\$1.80
Chicken/Ham/Tuna/Salmon	\$2.50
Salad	\$3.50
Chicken/Ham/Tuna/	
Salmon Salad	\$3.80
Roll or Wrap add	\$0.50
Salad includes – Lettuce, Pineapple, Carrot, Lite Cheese, Beetroot, Cucumber, Mayo.	

SALAD BOXES

As above salad list	
Garden Salad	\$3.50
Egg Salad	\$4.00
Ham / Chicken/Tuna/	
Salmon Salad	\$4.00
Quiche & Salad	\$4.50
Chicken / Ham Shaker	\$3.00

HOT FOOD

Lite Large Pies	\$3.00
Lite Party Pies	\$2.00
Lite Sausage Rolls	\$2.00
Chicken Dino's (Max. 6 only)	\$0.40each
Tomato Sauce	\$0.30
BBQ Sauce	\$0.30
Sweet & Sour Sauce	\$0.30
Chicken Burgers – homemade	
Patty with Lettuce / Mayo	\$3.00
Hamburger with tomato, Lettuce, Cheese & Sauce	\$3.00
Chicken & Cheese Pizza	\$2.00
Ham & Pineapple Pizza	\$2.00
Cheese & Ham Pizza	\$2.00
Taco Boats	\$3.00
Lasagne	\$3.00
Spaghetti Bolognese	\$3.00
Macaroni Cheese	\$3.00
Fried Rice	\$3.00

FRESH FRUIT

Apples	\$0.50
Pears	\$0.50
Grapes - a cup	\$0.50
Mandarin	\$0.50
Seasonal Fruit	\$0.50
Fruit Cups	\$0.50
Fruit Bowls	\$0.50
Fruit cups with yoghurt	\$1.00
Fruit Cups with Custard	\$1.00

DRINKS

300ml flavoured milk	\$1.50
Chill J	\$1.50
Poppers	\$1.00
350mls Water	\$0.50
600mls Water	\$1.00
Slushies	\$2.00
Thick shakes	\$2.00

ICE BLOCKS

Moosies	\$1.00
Ice Cream Cups	\$1.00
Flat Juicies	\$0.50
Tube Juicies	\$1.00
Yoghurt cups	\$1.00
Custard cups	\$1.00
Ice Mony	\$0.50

SNACKS

Lite Choc Muffins	\$1.50
Pikelets	\$0.10 each
Sea Salt Chips	\$1.00
Popcorn	\$0.20
Cheese & Ham Rolls	\$1.50
Sao with cheese	\$0.50
Sao with cheese /tomato	\$0.60
Savoury Muffin	\$2.00
Jatz & Cheese	\$1.00
Jatz & Dip	\$1.00
Sao with Vegemite	\$0.50

Green – Everyday food Orange Occasional

Salad shaker – salad diced in a cup.

Gluten free chicken tenders \$2 each or on a burger \$3.