



SHOALY SHACK CANTEEN MENU



BREAKFAST 8:40am to 9:00am

| | |
|----------------------------|--------|
| Vegemite or Cinnamon Toast | 50c |
| Milo Hot or Cold Milk | \$1.00 |
| Fruit | \$1.00 |
| Banana Bread(CM) | \$1.50 |

PLEASE NOTE

Breakfast club is free daily 8:40am to 9:00am
 Mon- Toast, Tues- Fruit, Wed- Toast,
 Thurs- Mystery, Fri- Fruit
 Plain Milk will also be available.

DRINKS

| | |
|-----------------------------------|--------|
| Water Bottled 600ml | \$1.50 |
| Water Bottled with a Meal | \$1.00 |
| Fruit Popper | \$1.50 |
| Apple & Blackcurrant/Orange/Apple | |
| Milk Plain | \$1.50 |
| Milk Chocolate or Strawberry | \$2.50 |

LUNCH / RECESS SNACKS

| | |
|-------------------------------|-------------------|
| Pikelets x 2(CM) | 50c |
| Popcorn(CM) | 50c |
| Cheese Rice Crackers | 20c, 50c & \$1.00 |
| Banana Bread(E) | \$1.50 |
| Apple Slinky | \$1.00 |
| Fruit | \$1.00 |
| Fruit Salad(CM) | \$2.00 |
| Carrot/Celery Sticks(CM) | \$2.00 |
| with Hummus or Tzatziki | |
| Red Rock Chips | \$1.50 |
| Honey Soy Chicken or Sea Salt | |

If you can spare a little or a lot of time to
 Volunteer in the Shoaly Shack, please see
 Courtney in the Canteen.

FREEZER

| | |
|-------------------------|--------|
| Orange Wedges | 20c |
| Milky Cups(CM) | 50c |
| Yoghurt Pops(CM) | 50c |
| Quelch Long Ice Blocks | 50c |
| Juices | \$1.00 |
| Orange/Lemonade | |
| Ice Momy's | \$1.00 |
| Bulla Vanilla Ice Cream | \$1.20 |
| Frosty Fruits | \$1.50 |

SALADS & SANDWICHES(CM)

| | |
|---|--------|
| Garden Salad - Lettuce, Tomato, Carrot & Cucumber | |
| • Sandwich | \$3.50 |
| • Wrap | \$4.00 |
| • Roll | \$4.50 |
| • Box | \$3.00 |
| | Small |
| | Large |
| Vegemite Sandwich | \$4.50 |
| Cheese Sandwich | \$2.00 |
| Ham Sandwich | \$2.50 |
| Chicken Sandwich | \$3.00 |
| Chicken Sandwich | \$3.50 |

EXTRAS

| | |
|-----------------------|---------|
| Add Lettuce | 30c |
| Add Carrot | 30c |
| Add Cucumber | 30c |
| Add Tomato | 30c |
| Add Pineapple | 50c |
| Add Cheese | 50c |
| Add Tuna | \$1.00 |
| Add Ham | \$1.00 |
| Add Chicken | \$2.00 |
| Add Gluten Free Bread | \$1.00 |
| Add BBQ/Tomato Sauce | \$1.00 |
| Plastic Spoons | 30c |
| Brown Paper Bags | 5c |
| Re Useable Lunch Bags | 10c |
| | \$11.00 |

HOT FOOD

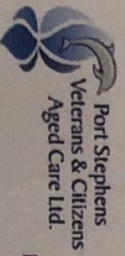
| | |
|---|------------|
| Corn on the Cob | \$1.00 |
| Garlic Bread Roll(CM) | \$2.00 |
| | Add Cheese |
| Baked Beans with Toast | \$2.50 |
| Chicken Nuggets x 6(GF) | \$2.00 |
| Sausage Roll | \$3.50 |
| Cheese & Spinach Roll(V) | \$3.50 |
| Large Beef Pie | \$4.50 |
| Small Pies x 2 | \$4.00 |
| Steamed White Rice(GF) | \$3.50 |
| Steamed Rice and Tuna(GF) | \$2.00 |
| Spaghetti Meatballs(CM) | \$3.50 |
| Beef Cheese Burger(CM) | \$4.00 |
| Beef Patty, Cheese & Tomato Sauce | \$4.50 |
| Beef Burger(CM) | \$5.50 |
| Beef Patty, Lettuce, Beetroot, Tomato, Cheese & BBQ Sauce | |
| Veggie Burger(CM) | \$5.50 |
| Veggie Patty, Lettuce, Tomato & Mayonnaise | |
| Chicken Burger(CM) | \$5.50 |
| Chicken Patty, Lettuce, Cheese & Mayonnaise | |
| Add Gluten Free Bread | \$1.00 |
| Fried Rice(E)(CM) | \$4.00 |
| White Rice, Corn, Ham, Egg & Peas | |
| Taco Bowl(GF)(CM) | \$5.00 |
| Beef mix, Lettuce, Cheese, Corn, Tomato, Salsa, Carrot & Corn Chips | \$4.50 |
| Mexican Potato Skins x 2(GF)(CM) | |
| Beef Mix & Cheese | |
| Vegetarian Potato Skins x 2(GF)(CM) | \$3.50 |
| Corn & Cheese | |

Please Note

Contains Egg (E)
 Gluten Free (GF)
 Canteen Made (CM)

The Shoaly Shack uses

Wholemeal Bread
 Lite Spread
 Garden Club Fruit & Veg
 (when available)



Port Stephens
 Veterans & Citizens
 Aged Care Ltd.
 Fresh TASTES
 Healthy food at school



shoalypublikschool@pandacaffiliate

