

## SANDWICHES

Vegemite	\$1.50
Vegemite and Cheese	\$2.50
Egg	\$2.00
Egg and Lettuce	\$3.00
Seasoned Chicken Cheese Mayo	\$3.00
Ham Cheese	\$3.00
Ham Cheese Tomato	\$3.50
Seasoned Chicken Lettuce Cheese	\$3.50
Salad	\$4.00
Cheese and Salad	\$4.50
Tuna and Salad	\$4.50
Fresh Chicken and Salad	\$4.50
Ham and Salad	\$4.50

## WRAPS

Gourmet Fresh Lamb Rissoles	\$5.50
Sweet Chilli Chicken Strip (with cheese)	\$5.00
Gourmet Fresh Chicken (with cheese)	
Gourmet Fresh Ham Wrap	\$5.00
(relish, baby spinach, sweet potato, egg, tomato, red onion & cheese)	
Gourmet Fresh Veggie Wrap	\$5.00
(with lettuce, carrot, cucumber, tomato, baby spinach, red onion)	

## SALADS

<b>Chicken Caesar</b>	\$5.50
(Chicken Breast, Bacon, Egg, Lettuce, Parmesan Cheese, & Croutons)	
<b>Roasted pumpkin, Feta &amp; Quinoa *</b>	\$5.50
(Fancy lettuce Red Onion, Tomatoes, Cucumber)	
<b>Ham or Chicken Salad *</b>	\$5.50
<b>Tuna Salad *</b>	\$5.50
<b>Salad Box *</b>	\$4.50
(lettuce, baby spinach, carrot, cucumber, tomato, Purple onion)	
<b>Homemade Potato Salad</b>	\$3.50
(Potato, egg, Onion, Seeded Mustard Mayo)	
<b>Homemade Brown Rice Salad</b>	\$3.50
(Rice, carrot, corn, capsicum, onion, celery, 4 bean mix, Asian fused dressing)	

## SUSHI

Chicken and Avocado (GF)	\$3.00
Chicken Teriyaki (GF)	\$3.00
Tuna Mayo (GF)	\$3.00
Salmon & Avocado (GF)	\$3.00
Beef Teriyaki	\$3.00

## HOT FOOD

Beef Burger sauce	\$4.50
(lettuce, tomato, cheese & tomato)	
Chicken Burger	\$4.50
(lettuce, tomato, cheese & mayo)	
Cheese burger with tomato sauce	\$3.50
Spaghetti Bolognese with cheese Small	\$3.50
Spaghetti Bolognese with cheese Large	\$5.00
Corn on the Cob	\$1.00
Sauce squeeze tomato or BBQ	\$0.30
Sausage Roll	\$3.00
Meat Pie Snack size	\$2.00
Meat Pie Large	\$3.50
Lasagne	\$4.00
Hot Dog	\$2.50
(with our without sauce)	
Hot Dog with cheese	\$3.00
(with our without sauce)	
Oven Baked Wedges with	
(low fat sour cream & sweet chilli sauce)	\$3.50
Toasted English Muffin	\$2.50
(Ham, egg & cheese)	
Cheese & Bacon or Vegemite Scroll	\$2.00
Garlic Bread	\$1.50
Puppy Dog	\$1.50
Hash Brown	\$1.00
Chicken Nuggets (5) (oven baked)	\$2.50
<b>Gluten Free Nuggets</b> (oven baked)	\$3.00
<b>Thursday only : Gourmet Nachos</b>	<b>\$5.00</b>
(with mince, sour cream, salsa & cheese)	
<b>Friday only : Butter Chicken &amp; Boiled Rice</b>	
Large	<b>\$5.50</b>
Small	<b>\$3.50</b>

## SNACKS

Greek Yoghurt with Raspberries	\$3.50
Greek Yoghurt with Muesli	\$3.50
Veggie Sticks	\$2.00
(carrot, cucumber, crackers & Salsa or Aioli)	
Yoghurt Cup	\$2.00
Custard Cup	\$2.00
Custard Cup Small	\$1.00
Apple Slinky	\$1.50
Displayed Seasonal Fruit Each	\$1.00
Fruit Salad Cup	\$2.00
Watermelon cup	\$1.00
Jelly Custard Cup Small	\$1.00
Jelly Custard Cup	\$2.00
Dried Apricot Pack (8)	\$1.00
Cheese with Crackers	\$1.50
Tuna & Crackers	\$2.50
Chocolate Mousse Small	\$1.00
Chocolate Mousse Large	\$2.00
Homemade Muffins	\$2.00
Homemade Anzac slice	\$2.00
Popcorn	\$1.00
Pretzels	\$1.00
Jumpy's	\$1.00
Chicken, Plain, Salt & Vinegar)	
Veggie Chips	\$1.50
(Salsa, Oregano & Thyme)	
Grain Waves	\$1.50
(sour cream & chives)	
Red Rock Chips	\$1.50
(Honey Soy, Sea Salt)	

## FROZEN TREATS

Pineapple Hula Hoop	\$0.50
Icy Fruit Stick	\$0.50
Fruit Cup Blackcurrant Juice	\$1.00
Frozen Yoghurt Mango or Strawberry	\$2.50
Paddle Pops Chocolate or Rainbow	\$1.70
Calippo Pine or Raspberry	\$1.20
Lemonade Icy Pole	\$1.20
Frosty Fruits	\$2.00

 Green: Healthy Choice

 Amber: Eat in Moderation

 Red: Eat Occasionally

\* Our Canteen provides Healthy Choices under the guidelines of the Smart Choice/Healthy Choice Standards of Education QLD.\*

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## DRINKS

Bottled Water 250ml		\$0.50
Bottled Water 390ml		\$1.00
Bottled Water 600ml		\$1.50
Breaka Milk 250ml (choc, strawberry, coffee)		\$1.80
Breaka Milk 300ml (choc, strawberry, banana)	300ml	\$2.00
Breaka Milk 500ml (choc, strawberry)	500ml	\$3.50
Plain Milk	300ml	\$1.20
Up & Go (choc, vanilla)	250ml	\$2.50
Nexba Ice Tea	355 ml	\$3.00
Popper Juice (apple & b/c)	150ml	\$1.20
Popper (apple & blackcurrant, tropical)	250ml	\$1.80
Fruit Juice Slushy	Small	\$1.70
Fruit Juice Slushy	Large	\$2.20
Quench Cola, Blue	350 ml	\$2.00
Play Water (lemonade, fruit tingle)	350ml	\$2.00
Sparkling Fruit Juice	250ml	\$2.00

## \$5.50 LUNCH PACKS

**Pack 1:** Mini Lamb rissoles (2), Small Chocolate Breaka, Small Fruit Salad & Small Potato Salad

**Pack 2:** Mini Ham, Corn & Cheese Frittata (3) Carrot and Cucumber sticks, Small Yoghurt & 250ml water

## \$5.00 LUNCH PACKS

**Pack 3:** Ham and Cheese sandwich, Small Apple, 2 mini fruit muffins & 250ml Water.

**Pack 4:** Small Chicken Strip Wrap (lettuce Cheese, mayo & BBQ sauce), Pretzels, Sm Custard cup & Tiny popper juice (150ml)

## CANTEEN INFORMATION

Please use the bag system available from your child's Classrooms.

- Please write your child's name, class and items required, plus the total amount of order on the paper bag
- Bags are available at 10 cents each
- Any change will be taped onto the bag and signed by the adult who gave the change, as will any refunds
- Junior students place their order in the box in their classroom, whereas secondary students bring the bag straight to the canteen
- **All orders are to be in by 9am**
- **Please supply a bag for each break if placing an order for 1st and 2nd break**
- No heating of food or hot water in the noodle cups

## FLEXISCHOOLS ONLINE ORDERING

- Go to [www.flexischools.com.au](http://www.flexischools.com.au)
  - Click 'Register now'
  - Enter your email address and follow the prompts
- You can then charge up your online account and place orders from home.**  
**Online orders are already paid for, so you do not need to bring money to school.**  
**You can order in the morning or a week in advance.**

## \$5.00 DAILY MEAL DEALS

**Monday:** Chicken Wrap 7", Sml Yoghurt, 150ml Apple Blackcurrant Juice Popper

**Tuesday:** Sml Chicken Bacon Fried Rice, Sml Choc Mousse, 250ml water

**Wednesday:** Chicken Avocado sushi, Sml fruit salad, 150ml Apple & Blackcurrant Juice popper

**Thursday:** Sml Spag Bolognese, Sml Jelly Custard Cup, 250ml water

**Friday:** Ham & Cheese Toastie, Frozen Juice Cup, 250ml choc Breaka

# UPPER COOMERA STATE COLLEGE MENU

## JUNIOR SCHOOL

**Stage A:**  
 First break (orders only)  
 10.40am - 11.25am  
 Second break: 1.30pm - 2pm

**Stage B:**  
 First break: 10.40am - 11.25am  
 Second break: 1.30pm - 2pm  
 (Contact Chee Hellou 5580 7501)

## SECONDARY SCHOOL

**Breakfast:** 8am – 8.45am

**First break:** 11.10am - 11.55am

**Second break:** 1.00pm - 1.30pm

(Contact Leanne Hanley 5580 7555)

## School Café

Come grab a great coffee

Make sure you pick up a loyalty card when you visit for free coffee and drink specials.

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