



COLONEL'S KITCHEN MENU

PLEASE PRINT ME AND STICK ME ON YOUR FRIDGE!

CANTEEN MANAGER: **KELLY GILBERT** PHONE: **8276 7232** EMAIL: clgpscanteen@gmail.com

ONLINE ORDERS: www.flexischools.com.au (N.B. daily order deadline is 9:00am)

Reminder: all lunch orders (including Flexischool orders) received after 9:00am may not receive their preferred order.

FOOD ALLERGIES: Please be aware that while all care is taken when catering for specific dietary requirements, it must be noted that within this premises we also handle products containing sesame seed, wheat and dairy. Customer requests will be catered for to the best of our ability however, the decision to purchase and consume our meals does ultimately remain the responsibility of the parent and the student.

SANDWICHES, WRAPS & SALADS

No. 1	CHICKEN	\$ 3.80
No. 1a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)	\$ 5.50
No. 2	HAM	\$ 3.00
No. 2a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)	\$ 4.90
No. 3	TUNA	\$ 3.50
No. 3a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)	\$ 5.50
No. 4	CHEESE	\$ 2.00
No. 4a	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)	\$ 4.20
No. 5	SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)	\$ 3.50
No. 6	BUTTER	\$ 1.20
No. 7	BUTTER & VEGEMITE	\$ 1.50
No. 8	CHEESE & VEGEMITE	\$ 2.80
No. 9	SALAD TUB (LETTUCE, CARROT, CUCUMBER, CAPSICUM, TOMATO & A BREAD ROLL)	\$ 4.00

EXTRAS

BETROOT, CARROT, CHEESE, TOMATO, CUCUMBER, CAPSICUM	ADD	ea.	80	c
VEGEMITE, SOUR CREAM, MAYONAISE, MUSTARD, TOMATO SAUCE	ADD	ea.	30	c
TOMATO SAUCE SACHETS	ADD	ea.	30	c
TOASTED SANDWICHES / WRAPS	ADD		20	c

HOT FOODS

MACARONI CHEESE 250g (WITH FORK)	\$ 5.00
SQUIGGLELY TAIL PASTA BOLOGNAISE 200g (WITH FORK)	\$ 5.00
(*GF) VEGE FRIED RICE 200g / CHICKEN FRIED RICE 200g (WITH FORK)	\$ 5.00
COLONEL'S CRISPY CHICKEN WRAP (CHICKEN FILLET, LETTUCE, MAYO)	\$ 5.00
HOT ROAST CHICKEN ROLL (WITH MAYO)	\$ 5.00
COLONEL'S CHICKEN BURGER (CHICKEN FILLET, LETTUCE, TOMATO, MAYO)	\$ 6.50
COLONEL'S VEGE BURGER (VEGE PATTIE, LETTUCE, TOMATO, ADD CHEESE)	\$ 7.00
CHICKEN FILLET	\$ 2.50
CUP OF NOODLES	\$ 2.80
HOTDOG (WITH or WITHOUT SAUCE) \$ 3.80	ADD MUSTARD \$ 4.10
	ADD CHEESE \$ 4.60
	ADD MUSTARD & CHEESE \$ 4.90
PIZZA (HOMEMADE - HAM & CHEESE or CHEESE)	\$ 3.50
(*GF) PIZZA (HAM & CHEESE)	\$ 3.80
MEAT PIE	\$ 5.00
SAUSAGE ROLL	\$ 3.50
(*GF) MEAT PIE or SAUSAGE ROLL	\$ 4.00
POTATO WEDGES	\$ 4.50

DRINKS

JUST JUICE (ORANGE / APPLE)	\$ 1.60
OAK MILK (CHOC / STRAW)	\$ 2.50
SPRING WATER	\$ 1.40

GREEN SNACKS

FRESH FRUIT - (APPLES)	\$ 1.00
FRUITY NUGGETS	70 c
FROZEN FRUITS 50g - WATERMELON	40 c
BLUEBERRIES	40 c
GRAPES	40 c
PINEAPPLE SLICES	40 c
LYCHEES	20 c
ORANGE SLICES	10 c
CRUNCHIES	30 c
POPCORN	30 c

RECESS ONLY SNACKS

TORTILLA PIZZA SLICES	50 c
HOT CHOCOLATE (TERM 2 & 3 ONLY)	\$ 1.50

AMBER SNACKS

JJ CRACKERS (CHICKEN / PIZZA)	\$ 1.50
CHIPS (HONEY SOY / SEA SALT)	\$ 1.50
MAMEE NOODLES (CHICKEN / BBQ)	80 c
CHEESE 'N' CRACKERS	\$ 2.00
(*GF) CORNTOS	\$ 1.00

FROZEN SNACKS

CHILLED / FROZEN CHOC CUSTARD	\$ 1.00
ICE CREAM SLICE	\$ 1.00
LEMONADE ICY POLE	\$ 1.00
SUNBURST ICE BLOCK (APPLE)	\$ 1.00
QUELCH	50 c
CHOC MILK PYRAMIDS	\$ 1.00
JELLY STICKS (MAXIMUM OF 5)	20 c
ZING	HALF 40 c
	FULL 80 c

TERM 2 WINTER WARMERS - AVAILABLE AT LUNCH-TIME ONLY

HOT HOME-MADE CUP OF SOUP (WITH BREAD ROLL)	\$ 3.00	PROVIDE OWN CUP WITH LID FOR 20c DISCOUNT	\$ 2.80
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MONDAYS ONLY

CHICKEN SLIDER (NAN BREAD, CHICKEN TENDER, LETTUCE & MAYO)	\$ 3.80
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TUESDAYS ONLY

NACHOS (CORN CHIPS, TOMATO SALSA & FORK)	\$ 3.50
ADD SOUR CREAM	\$ 3.80

WEDNESDAYS ONLY

HOT BAKED POTATOES WITH - HAM, PINAPPLE & CHEESE	\$ 5.50
BAKED BEANS & CHEESE	\$ 5.50
BOLOGNAISE & CHEESE	\$ 5.50

THURSDAYS ONLY

HALF CORN COBS	\$ 1.00 ea.
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All foods have been carefully selected to meet the 'Rite Bite' guidelines. This includes trying to reduce the sodium, fats, carbohydrates & sugar in our food. In some cases, portion sizes have been reduced.

* Items not meeting these guidelines are under review and are highlighted in red.

