



COLONEL'S KITCHEN MENU

GREEN FOODS		SANDWICHES & WRAPS	EVERYDAY
No. 1	CHICKEN		\$ 3.80
No. 1A	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 5.00
No. 2	HAM		\$ 3.00
No. 2A	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 4.20
No. 3	TUNA		\$ 3.00
No. 3A	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 4.20
No. 4	CHEESE		\$ 2.50
No. 4A	ADD SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 3.70
No. 5	SALAD (LETTUCE, CUCUMBER, CARROT, TOMATO)		\$ 3.00
No. 6	BUTTER		\$ 1.20
No. 7	BUTTER & VEGEMITE		\$ 1.50
No. 8	CHEESE & VEGEMITE		\$ 2.80
EXTRAS	BEETROOT, CARROT, CHEESE, TOMATO & CUCUMBER	ADD	.80 c
	VEGEMITE, MAYONAISE, MUSTARD, SAUCE	ADD	.30 c
No. 9	SALAD TUB (LETTUCE, CARROT, CUCUMBER, TOMATO & A BREAD ROLL)		\$ 4.00
	TOMATO SAUCE SACHET		.30 c

AMBER FOODS	HOT FOODS	OCCASIONAL
BUTTER CHICKEN 250g (WITH FORK) (LARGE SERVE FOR KIDS WITH BIG APPETITES)		\$ 6.00
MACARONI CHEESE 250g (WITH FORK)		\$ 5.00
SQUIGGLY TAIL PASTA BOLOGNAISE 200g (WITH FORK)		\$ 5.00
FRIED RICE 250g (WITH FORK)		\$ 5.00
COLONELS CRISPY CHICKEN WRAP (CHICKEN FILLET, LETTUCE, MAYO)		\$ 5.00
HOT ROAST CHICKEN ROLL (WITH MAYO)		\$ 4.50
COLONELS CHICKEN BURGER (CHICKEN FILLET, LETTUCE, TOMATO, MAYO)		\$ 6.50
	ADD CHEESE	\$ 7.00
CHICKEN FILLET		\$ 2.40
CUP OF NOODLES		\$ 2.80
HOT DOG (WITH or WITHOUT SAUCE)		\$ 3.80
PIZZA		\$ 3.50
MEAT PIE		\$ 5.00
JUNIOR PIE		\$ 3.50
SAUSAGE ROLL		\$ 3.50
WEDGES		\$ 4.50
TOASTED SANDWICHES / WRAPS	FOR PRICING - SEE GREEN FOODS PRICE LIST & ADD	.20 c

DRINKS		SNACKS	
JUST JUICE (ORANGE / APPLE)	\$ 1.60	APPLES	\$ 1.00
OAK MILK (CHOC / STRAW)	\$ 2.50	FRUITY NUGGETS	.70 c
SPRING WATER	\$ 1.40	CRUNCHIES	.30 c
HOT CHOCOLATE (TERMS 2 & 3 ONLY)	\$ 1.50	POPCORN	.30 c
SLUSHIES (TERMS 1 & 4 ONLY)		FROZEN GRAPES 50g	.40 c
		SUNBURST ICE-BLOCK (APPLE)	\$ 1.00

* LUNCH-TIME ONLY

SNACKS		FROZEN SNACKS	
CHOCOLATE CUSTARD	\$ 1.00	FROZEN CHOCOLATE CUSTARD	\$ 1.00
JJ CRACKERS	\$ 1.50	ICE CREAM SLICE	\$ 1.00
CHIPS (HONEY SOY CHKN / SEA SALT)	\$ 1.50	LEMONADE ICY POLE	\$ 1.00
MAMMEE NOODLES (CHKN / BBQ)	.80 c	LIFE SAVER	\$ 1.40
TORTILLA PIZZA SLICE	.50 c	MILK CHOC PYRAMID	\$ 1.00
HASH BROWNS (MAXIMUM OF 2)	.40 c	JELLY STICKS (MAXIMUM OF 5)	.20 c
		ZING	HALF .40 c
			FULL .80 c

* RECESS ONLY

* LUNCH-TIME ONLY

Foods are carefully selected to reflect the 'Rite Bite' guidelines where possible. This includes trying to reduce the sodium, fat, carbohydrates & sugar content in our foods.

In some cases, portion sizes have been reduced. * Items not meeting these guidelines are under review and are highlighted in red.



PLEASE PRINT ME AND STICK ME ON THE FRIDGE!

Canteen phone number: 8276 7232

LUNCH ORDERS received after 10:00am may not receive their preferred order.

