

COLONEL'S KITCHEN 2017

GREEN - HEALTHIEST FOOD CHOICES (CHOOSE PLENTY)

COLD FOOD - LUNCH ONLY

SANDWICHES or WRAPS		
No. 1	CHICKEN	\$ 3.80
1A	ADD SALAD (lettuce, cucumber, carrot)	\$ 5.00
No. 2	HAM	\$ 2.60
2A	ADD SALAD (lettuce, cucumber, carrot)	\$ 3.80
No. 3	TUNA	\$ 3.00
3A	ADD SALAD (lettuce, cucumber, carrot)	\$ 4.20
No. 4	CHEESE	\$ 2.50
4A	ADD SALAD (lettuce, cucumber, carrot)	\$ 3.70
No 5	SALAD (lettuce, cucumber, carrot)	\$ 2.40
No 6	BUTTER	\$ 1.20
No 7	BUTTER & VEGEMITE	\$ 1.50
No 8	CHEESE & VEGEMITE	\$ 2.80



EXTRAS: Beetroot, carrot, cheese, tomato, cucumber \$ 0.80
 Vegemite, mayonaise, mustard, sauce \$ 0.30

TOASTED: Sandwiches & Wraps **ADD** \$ 0.20

SALAD TUB: (bread roll, fork, lettuce, carrot, cucumber, tomato) \$ 3.90

ANYTIME - COUNTER PURCHASE FOOD

Apple \$ 1.00
 Crunchies \$ 0.30
 Popcorn \$ 0.30
***NEW - Fruity Nuggets** \$ 0.60

LUNCHTIME - COUNTER PURCHASE ICEBLOCKS

SUNBURST - apple \$ 1.00

ANYTIME - PURCHASE DRINKS

Just Juice Fruit Box (orange, blackcurrent, apple) \$ 1.60
 Spring Water \$ 1.40
 Hot Chocolate - **TERMS 2 & 3 OVER COUNTER ONLY** \$ 1.20

AMBER - OCCASSIONAL FOOD CHOICES (SELECT CAREFULLY)

HOT FOOD - LUNCH ONLY

*NEW - Butter Chicken 250g	\$ 6.00
- This is a larger serve aimed at students with a bigger appetite.	
Colonel's Chicken Burger	\$ 6.20
- (chicken fillet, lettuce, tomato, mayo)	
add cheese	\$ 6.80
Colonel's crispy chicken wrap	\$ 4.80
- (chicken fillet, lettuce & mayo)	
Chicken Fillet	\$ 2.40
Cup Noodles	\$ 2.50
*NEW - Fried Rice (with pork & veg) - GLUTEN FREE	\$ 4.50
Hot Dog (with or without sauce)	\$ 3.30
*NEW - Jungle Curry - HALAL CERTIFIED	\$ 4.50
Macaroni Cheese	\$ 4.50
Pasty	\$ 5.00
Pie	\$ 5.00
Pie Junior	\$ 3.50
*NEW - Piquv Tail Pasta - HALAL CERTIFIED	\$ 4.50
Pizza	\$ 3.20
Roast Chicken Roll with mayo	\$ 4.50
Sausage Roll	\$ 3.20
Wedges	\$ 4.00
Tomato sauce sachet	\$ 0.30

RECESS ONLY

Hash Browns - maximum of 2 \$ 0.50
***NEW - Tortilla Pizza slice** \$ 0.50

ANYTIME - COUNTER PURCHASE FOOD

Chocolate Custard \$ 1.00
 JJ Crackers \$ 1.40
 Mammee Noodles (Chicken, BBQ) \$ 0.80
 Chips (Honey Soy, Chicken, Sea Salt) \$ 1.40

LUNCHTIME - COUNTER PURCHASE - ICE BLOCKS

Frozen Chocolate Custard \$ 1.00
 Frozen Jelly stick - maximum 5 \$ 0.20
 Frozen Zing \$ 0.40
 Ice Cream Slice \$ 1.00
 Icy Pole - lemonade \$ 1.00
 Life Saver \$ 1.20
 Mini Chocolate Pyramid \$ 0.80

ANYTIME - COUNTER PURCHASE DRINKS

Breaka Milk (chocolate, strawberry, vanilla) \$ 2.00

All foods have been carefully selected to meet the "Right Bite" guidelines.

This includes reduced sodium, fat, carbohydrates & sugar.

In some cases portion sizes have been reduced.

PLEASE PRINT ME OFF AND STICK ME ON THE FRIDGE

Canteen phone number: 8276 7232

Late lunch orders received after 10am may not receive the preferred order. They may be treated as an emergency lunch and offered a sandwich (vegemite, cheese or buttered) and for the gluten intolerant a salad.