**Champs’ Tucker**
(NOT available FRIDAYs)

**Raiders’ Robust Wrap**
(Wrap with lettuce, cucumber, avocado & cheese) ............... $3.50

**Giants’ Great Goodie**
(Sandwich with carrot, sultanas & chicken) ............... $3.00

**Brumbies’ Bionic Bun**
(Bread roll with bacon, lettuce, tomato & mayonnaise) ............... $3.00

**Darters’ Delicious Dream**
(Sandwich with beetroot, lettuce, cheese & mayonnaise) ............... $3.00

**Canberra Capitals’ Crunch**
(Toasted wrap with ham, cheese, pineapple & BBQ sauce) ............... $3.00

**Wrap & Roll**
(NOT available FRIDAYs)

1. To create your own delicious wrap, roll or sandwich, choose one of the following:
   - Tortilla Wrap
   - Toasted Wrap
   - Hi-Fibre Lo-GI Sandwich
   - Toasted Sandwich
   - White Roll
   - Salad-in-a-Box

2. Then choose at least one of the following fillings:
   - Avocado
   - Baked Beans
   - Beetroot
   - Carrot
   - Chicken
   - Cucumber
   - Egg
   - Lettuce
   - Pineapple
   - Tomato
   - Tuna
   - Cheese
   - Ham
   - Vegemite

3. To determine cost:
   - Item (from Step 1) with 1 filling .............. $2.00
   - Then add 50c for each extra filling.

**Fantastic Favourites**
(Available EVERYDAY)

- Marvelous Macaroni Cheese ............ $3.50
- Fabulous Fried Rice ................ $3.50
- Glorious Garlic Roll ............... $2.00
- Perfetto Pizza (Ham & Pineapple or Cheese & Bacon) ............... $3.00
- Popular Party Pie ............... $1.00
- Crazy Cruizer Pie ............... $3.50
- Super Sausage Roll ............... $3.00
- Crispy Chicken Nuggets ............... 5 for $3.00
- Spunky Spring Roll ............... $1.00
- Tubby Tomato Sauce ............... 20c

**Weekday Specials**
Each Combo comes with a VERITASSty Treat

**Tuesday**

- **Hot Dog (with tomato sauce)** ............... $3.00

**Wednesday**

- **Chicken-In-A-Box Combo**
  (3 nuggets, 3 crackles & 3 dinosnacks) ............... $6.00

**Thursday**

- **Hot Chicken Wrap Combo**
  (2 crumbed tenderloins, lettuce & mayonnaise in a tortilla wrap) ............... $6.00

**Friday**

- **Fish & Chips Combo**
  (Fish fillet with chips) ............... $6.00

**Key:** GF - gluten free, ANYTIME food, SOMETIMEs food, OCCASIONAL food
The following items are available over the counter (recess & lunch) and also may be ordered.

**Thirst Quenchers**

- Juice (Apple, Apple/Blackcurrant or Orange) .............. $1.20
- Canberra Milk (Chocolate or Choc Malt Honey) ............ $2.00
- Moove (Chocolate, Strawberry or Banana) ............... $2.00
- Spring Water Bottle (600 ml) ................... $1.50
- Spring Water Cup .................................. $0.50
- Canberra Hi Lo Milk ............................... $1.50
- Plain Milk .......................................... $1.20
- Aroona Flavoured Mineral Water
  - (Blue, Green, Orange or Red) .................. $2.00
- Focus (Raspberry or Lemonade) .................. $2.00

**Treats**

- Sensational Seasonal Fruit ....................... $1.00
- Spiral Slinky Apple (your apple) ............... 20c
- Jelly ............................................... 50c
- Fruit Stack ........................................ 50c
- Icy Twist .......................................... $1.00
- GF Dixie Vanilla Cup ............................. $1.00
- Paddle Pop (Banana, Chocolate or Rainbow) .... $1.30
- Frozen Yoghurt (Fruit Salad, Mango or Strawberry) $2.00
- GF Mamee Rice Sticks
  - (Cheese or Vegetable) ...................... $1.00
- Red Rock Deli Chips
  - (Honey Soy Chicken or Sea Salt) ......... $1.00

**Just Cooked...**

(Available at RECESS)

**Tuesday**

- Garlic Bread ..................................... 30c
- Lamington ......................................... $1.00

**Wednesday**

- Chicken Crackle ................................. 50c
- Cupcake ........................................... $1.00

**Thursday**

- Cheesie English Muffin ....................... $1.00
- Muffin ............................................ $1.00

**Friday**

- Party Pie ......................................... $1.00
- Finger Bun ........................................ $1.50

**Ordering Procedure**

Please write your lunch order on a paper bag.
If a paper bag is required, please enclose an extra 10c.

An order must show:

- Name, Class
- Order & Amount Enclosed.

An Early Bird order must also show:

- Date of Order & Day of Order.

Orders must be delivered to the canteen by 9:30am.

If you are able to help in the canteen, please call Kathy on 0409 462 512 or 6247 9530.

If you select any of the meals marked GF (gluten free), please write GF in red pen on the paper bag.

Joanne McAuslan & Kathy Turrise
(Canteen Managers)
6247 9530

Menu effective 18-2-13

**Key:** GF - gluten fee, ANYTIME food, SOMETIMES food, OCCASIONAL food