TERM 4

Spring - Summer 2017

THE SAC Canteen

MENU

Tasty & Healthy Options...
...In School

ST ALOYSIUS COLLEGE
53 Wakefield Street, Adelaide SA 5000  Phone: 8217 3230
# Sandwiches

**White or wholemeal bread**

- Sandwich: $4.00
- Roll: $4.00

**Fillings** *(30c for extra)*

- Chicken
- Ham
- Egg
- Avocado
- Capsicum
- Carrot
- Cheese
- Cucumber
- Lettuce
- Onion
- Spinach
- Tomato
- Tuna
- Vegemite

# Snacks

<table>
<thead>
<tr>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie Chips</td>
<td>$1.00</td>
</tr>
<tr>
<td>Potato Chips</td>
<td>$1.20</td>
</tr>
<tr>
<td>Mamee Noodles</td>
<td>$1.00</td>
</tr>
<tr>
<td>Popcorn</td>
<td>$1.20</td>
</tr>
<tr>
<td>Jumpies</td>
<td>$1.00</td>
</tr>
<tr>
<td>JJ @</td>
<td>$1.00</td>
</tr>
<tr>
<td>Corntos @</td>
<td>$1.00</td>
</tr>
</tbody>
</table>

# Drinks

<table>
<thead>
<tr>
<th>Small</th>
<th>Large</th>
</tr>
</thead>
<tbody>
<tr>
<td>Juice Bottle <em>(apple, orange or blackcurrant)</em></td>
<td>$2.60</td>
</tr>
<tr>
<td>Water</td>
<td>$2.60</td>
</tr>
<tr>
<td>Carbonated Mineral Water</td>
<td>$3.30</td>
</tr>
<tr>
<td>Milk <em>(flavoured)</em></td>
<td>$2.60</td>
</tr>
<tr>
<td>Iced Tea</td>
<td>$3.50</td>
</tr>
<tr>
<td>Fruit Box</td>
<td>$1.60</td>
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</tbody>
</table>

# Sweets & Treats

- Finger Bun: $2.50
- Lolly Bag: $0.50/$1.00
- Muffin: $3.20
- Fresh Fruit *(seasonal)*: $1.00
- Yogurt: $2.50
- Jelly: $0.60
- Fruit Salad Cup: $4.50

# From the Freezer

- Icy Bite *(assorted flavours)*: $0.50
- Other Ice Blocks: $0.50 - $3.80
- Slushy: $1.50

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**GF** Gluten Free  **V** Vegetarian
## Daily Menus

### Monday
- **Chicken Caesar Salad** $5.00
  Made in our kitchen with chicken, lettuce, egg, bacon, croutons and caesar dressing
- **Chicken Burger** $5.50
  Made in our kitchen from all fresh ingredients
- **Hash Browns (2)** $2.00
  Two crispy baked hash browns
- **Garlic Bread** $1.00
  Garlic butter made in our kitchen, fused over half an open roll

### Tuesday
- **Green Salad** $4.00
  Made in our kitchen from all fresh ingredients
- **Fried Rice** $5.50
  Made in our kitchen from all fresh ingredients
- **Wedges** $3.00
  Golden oven baked potato wedges with the option of sweet chilli sauce and sour cream topping
- **Garlic Bread** $1.00
  Garlic butter made in our kitchen, fused over half an open roll

### Wednesday
- **Falafel Salad** $5.00
  Made in our kitchen from all fresh ingredients
- **Chicken Chilli Wraps** $5.00
  Made in our kitchen from all fresh ingredients
- **Pop Corn Chicken** $5.00
  Small chicken pieces from the most tender part of the chicken breast
- **Original Fries** $3.00
  A modest serve of oven baked potato chips
- **Garlic Bread** $1.00
  Garlic butter made in our kitchen, fused over half an open roll

### Thursday
- **Thai Chicken Salad** $5.00
  Made in our kitchen from all fresh ingredients
- **Wedges** $3.00
  Golden oven baked potato wedges with the option of sweet chilli sauce and sour cream topping
- **Garlic Bread** $1.00
  Garlic butter made in our kitchen, fused over half an open roll
- **Nachos** $3.00
  Corn chips with melted cheese and mild salsa

### Friday
- **Greek Salad** $5.00
  Made in our kitchen from all fresh ingredients
- **Beef/ Veg Lasagna** $5.00
  Angus Beef lasagna made from the highest quality ingredients
- **Hash Brown** $2.00
  Two crispy baked hash browns
- **Garlic Bread** $1.00
  Garlic butter made in our kitchen, fused over half an open roll

### Salads

<table>
<thead>
<tr>
<th>Small Salads (available daily)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasta Salad                             $3.00</td>
</tr>
<tr>
<td>Potato Salad                            $3.00</td>
</tr>
<tr>
<td>Roast Vegetable Salad                   $3.00</td>
</tr>
<tr>
<td>Quinoa Salad                            $3.00</td>
</tr>
<tr>
<td>Rice Salad                              $3.00</td>
</tr>
<tr>
<td>Lentil Salad                            $3.00</td>
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### Focaccias

*Fresh & baked Italian flat bread, filled with four of the following options. Can be toasted by our friendly canteen staff.*

- **Chicken Caprese** $5.00
  Chicken, tomato, basil & mozzarella
- **Vegetariana** $5.00
  Sautéed eggplant, zucchini, capsicum, onion, plum tomatoes & rocket
- **Baby Spinach BLT** $5.00
  Baby spinach leaves, freshly sliced tomatoes, crispy bacon & tasty cheese
- **Chicken Aioli** $5.00
  Chicken, spinach, avocado & aioli
**Things to Note**

- Ice creams are not available at recess or after 1:30pm
- There is no credit given in the canteen but if a student has forgotten her lunch, she should see her teacher.
- Due to safety reasons, Canteen staff cannot re-heat or heat food brought from home.
- Hot water and liquid safety:
  - Hot water is not available directly from the Canteen.
  - Noodle containers will be filled with water in time for recess or lunch.
  - Milo or soup will only be served to students by adults.
- Students can pre-order noodles from the canteen. Also, if students want to bring their own noodles from home, they must leave the noodles at the canteen by 10:30am. You must write your name, Home Class and whether you want the noodles for recess or lunch.

We are constantly reviewing the menu, considering healthier options and student preferences. Therefore, the menu is subject to change.

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**Service Times:**

- 11:05am to 11:30am
- 1:00pm to 1:45pm

**Order Times:**

- Primary student orders to be received by 9:00am
- Secondary student and staff orders to be received by 11:00am
- Own noodles for hot water by 10:30am