

Canteen Menu



Avondale School

WINTER 2021

MARVELLOUS MONDAY

Pumpkin Ravioli	6.00
Spinach & ricotta ravioli in a homemade pumpkin sauce with baby spinach, parmesan and pine nuts.	(Sm) 4.00
Creamy Tomato Pasta	6.00
Freshly made sauce stirred through spiral pasta served with baby spinach and grated tasty cheese.	(Sm) 4.00

TASTY TUESDAY

Haystacks GF (Potato available as substitute for corn chips)	6.00
Toasted Wrap: Mexican (Bean mix, tomato, cheese, sour cream, sweet chilli)	6.00

WELLNESS WEDNESDAY

Cheese or Cheese & Pineapple Sub	4.00
Toasted Turkish	6.00
Roast sweet potato, black beans, salsa, brown rice, cumin, baby spinach, avocado VE	
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Beetroot & feta spread, spanish onion, sliced tomato, baby rocket, feta, grated cheese	

TERRIFIC THURSDAY

Vego Chicken/Rice, Honey Soy	6.00
Vego Chicken Kebab, Honey Soy	2.00

FREEDOM FRIDAY

Veggie Burger (Lettuce & mayo)	6.00
Veggie Burger (+ salad)	6.00
Hot Dog (+ sauce)	4.00
Hot Dog (+ sauce & cheese)	4.00
Mini Hot Dog (+ sauce)	2.50
Corn Jack	2.50
Hot Chips GF	3.00
Small Hot Chips GF	2.00
Gravy	0.50
Aoli	0.50

A variety of drinks available
A variety of ice-blocks available

From 1.50
From 0.50



SALAD

Gourmet Salad Box	6.00
(Roast sweet potato, beetroot, cherry tomato, capsicum, feta, mixed baby spinach and rocket, mixed seeds, dijon mustard dressing)	
Ceasar	6.00
(Cos lettuce, parmesan cheese, egg, avocado, ceasar dressing) (Add Vego Chicken for extra 2.00)	
Budda Bowl v/c	6.00
(Cous cous with seeds, corn, baby rocket, red capsicum, zucchini ribbons, purple cabbage, falafel or haloumi, zesty herb dressing)	
Small Garden Salad GF	4.00
(Lettuce, tomato, cucumber, carrot, beetroot, spanish onion)	
(Add fresh avocado or egg for extra 1.00) (Changes to salad box an extra 1.00)	

EVERYDAY HOT FOOD

Veggie Pasty	3.50
Veggie Quiche	3.50
Nutmeat Pie	4.00
Curry Nutmeat Pie	4.00
Spinach & Ricotta Roll	3.50
Mini Spinach & Ricotta Roll	2.00
Pumpkin & Feta Roll (Contains walnuts)	3.50
Hash Brown GF	1.00
Garlic Bread	2.00
Mini Garlic Bread	1.00
Corn Cob GF	2.50
Oven Potato Gems GF (Mon-Thur)	3.00
Oven Baked Wedges (Mon-Thur)	3.00
Sauce Tubs (Tomato, BBQ, sweet chilli)	0.30

TOASTED SANDWICHES

Cheese	3.50
Cheese & Tomato	3.50
Cheese & Pineapple	3.50
Cheese & Spaghetti	3.50
Cheese & Baked Beans	3.50

SANDWICHES (BROWN OR WHITE)

Cheese	3.00
Cheese & Tomato	3.00
Egg & Lettuce	3.50
Curried Egg & Lettuce	3.50
Salad	4.00
Salad (with cheese)	4.50
Salad Roll (Mon-Thurs)	5.00

FRUIT & YOGHURT

Curly Apple GF	1.00
Fruit Kebab GF	1.00
Berry Delight Yoghurt	4.00
Passionfruit Yoghurt GF	4.00

SNACKS

Finger Bun	3.50
Finger Bun (Sm)	2.00
Banana Bread	3.50
Choc Chip Cookie	2.50
Grain Waves (45gm)	2.00
Chips (28gm) GF	1.20
Chips (45gm) GF	2.00
Jelly Cup GF	1.00
Frozen Yoghurt	2.50
Vegemite Scroll	3.50
Sweet Chilli Scroll	3.50

REMEMBER: Custom orders incur a 1.00 surcharge per item. Please do not ask for credit as refusal may offend. Please do not ask for service during class & sport time.

Don't forget you can order your lunch each morning before 8.30am at www.munchmonitor.com
username: **avondale**
password: **munch2265**

