



CLAREMONT COLLEGE SCHOOL CANTEEN MENU



**Our Canteen is open Monday to Friday - We ask that all lunch orders are done online by 8:30am.
Treats can be purchased over the counter with cash.**

TOASTIES

<input checked="" type="checkbox"/> Toast - 2 Slices	\$2.00
<input checked="" type="checkbox"/> Cheese Toasie - Full	\$3.00
<input checked="" type="checkbox"/> Ham & Cheese Toastie	\$4.00
<input checked="" type="checkbox"/> Cheese & Tomato Toastie	\$4.00
<input checked="" type="checkbox"/> Ham, Cheese & Tomato Toastie	\$4.50

FRESH SANDWICHES

<input checked="" type="checkbox"/> Chicken & Salad	\$4.50
<input checked="" type="checkbox"/> Chicken, Lettuce & Mayonnaise	\$4.50
<input checked="" type="checkbox"/> Ham & Cheese	\$4.00
<input checked="" type="checkbox"/> Ham, Cheese & Tomato	\$4.50
<input checked="" type="checkbox"/> Vegemite or Jam	\$3.00
<input checked="" type="checkbox"/> Cheese	\$3.00
<input checked="" type="checkbox"/> Cheese & Vegemite	\$3.50
<input checked="" type="checkbox"/> Cheese & Tomato	\$4.00
<input checked="" type="checkbox"/> Egg, Lettuce & Mayonnaise	\$4.50
<input checked="" type="checkbox"/> Salad	\$4.00
<input checked="" type="checkbox"/> Tuna, Lettuce & Mayonnaise	\$4.50
<input checked="" type="checkbox"/> Meatball Sub with Cheese	\$5.00

CIABATTA ROLLS

<input checked="" type="checkbox"/> Ham, Cheese, Avocado & Fresh Tomato	\$5.00
<input checked="" type="checkbox"/> Eggplant, Fresh Tomato, Sundried Tomato & Cheese	\$5.00
<input checked="" type="checkbox"/> Garlic Chicken, Avocado, Bacon, Fresh Tomato & Aioli	\$5.00

TOASTED WRAPS

	<u>1/2 Wrap</u>	<u>Full Wrap</u>
<input checked="" type="checkbox"/> Chicken Caesar Wrap	\$4.00	\$5.50
<input checked="" type="checkbox"/> BBQ Meat Lovers Wrap	\$4.00	\$5.50
<input checked="" type="checkbox"/> Ham, Cheese & Pineapple Wrap	\$4.00	\$5.50
<input checked="" type="checkbox"/> Cheese & Spinach Wrap	\$4.00	\$5.50

BIG CRUNCH SUSHI - Gluten & Dairy Free

<input checked="" type="checkbox"/> Chicken Teriyaki & Cucumber Roll	\$4.50
<input checked="" type="checkbox"/> Tuna & Cucumber Roll	\$4.50

Sushi available only Wednesday - Thursday - Friday

SALADS

<input checked="" type="checkbox"/> Fresh Fruit Salad Tub	\$4.00
<input checked="" type="checkbox"/> Fresh Watermelon Tub	\$4.00
<input checked="" type="checkbox"/> Garden Salad - Vegetarian	\$5.00
<input checked="" type="checkbox"/> Greek Salad - Vegetarian	\$5.00
<input checked="" type="checkbox"/> Greek Salad with Grilled Chicken	\$5.50
<input checked="" type="checkbox"/> Garden Salad with Grilled Chicken	\$5.50
<input checked="" type="checkbox"/> Caesar Salad with Grilled Chicken	\$5.50
<input checked="" type="checkbox"/> Tuna Salad with Corn, Lett, Carrot & Cues	\$5.50

HOT FOOD

<input checked="" type="checkbox"/> Homemade Veg Fried Rice	\$4.00
<input checked="" type="checkbox"/> Lean Sausage Roll	\$4.50
<input checked="" type="checkbox"/> Lean Fat Pie	\$4.50
<input checked="" type="checkbox"/> Corn Cob	\$2.00
<input checked="" type="checkbox"/> Sausage Sizzle - Tuesday Only	\$4.00
<input checked="" type="checkbox"/> Baked Chicken Nuggets	\$4.50
<input checked="" type="checkbox"/> Homemade Lasagne	\$4.50
<input checked="" type="checkbox"/> Nachos - Thursday Only	\$5.50
<input checked="" type="checkbox"/> Homemade Pasta Bolognese	\$4.50
<input checked="" type="checkbox"/> Homemade Pasta Napolitana - Vegetarian	\$4.50
<input checked="" type="checkbox"/> Homemade Pasta & Cheese - Vegetarian	\$3.50
<input checked="" type="checkbox"/> Beef Ravioli	\$5.00
<input checked="" type="checkbox"/> Butter Chicken with Rice - GF & DF	\$5.00
<input checked="" type="checkbox"/> Honey Soy Chicken Noodles- GF & DF	\$5.00
<input checked="" type="checkbox"/> Chicken Schnitzel Rice Bowl - GF & DF	\$5.00
<input checked="" type="checkbox"/> Teriyaki Chicken Rice Bowl - GF & DF	\$5.00

SNACKS

<input checked="" type="checkbox"/> Red Rock Deli Sea Salt Chips	\$2.00
<input checked="" type="checkbox"/> JATZ Minis	\$2.00
<input checked="" type="checkbox"/> Lightly Salted Popcorn	\$2.00
<input checked="" type="checkbox"/> Carrot and Celery Sticks - Vegan	\$3.00
<input checked="" type="checkbox"/> Carrot, Celery Sticks, Hummus & Wrap Bread	\$4.00
<input checked="" type="checkbox"/> Mini Banana Bread	\$1.50
<input checked="" type="checkbox"/> Low Sugar Jelly Cups - Dairy Free	\$2.00
<input checked="" type="checkbox"/> Fresh Apples or Oranges	\$1.00
<input checked="" type="checkbox"/> Homemade Mini Muffin	\$2.00
<input checked="" type="checkbox"/> Homemade Mini Cookie	\$2.00
<input checked="" type="checkbox"/> Fresh Yoghurt & Whole Berries	\$3.50
<input checked="" type="checkbox"/> Moosie Frozen Milk Treat	\$2.00
<input checked="" type="checkbox"/> Twisted Frozen Yoghurt	\$3.00
<input checked="" type="checkbox"/> Quelch Juice Tubes - Dairy Free	\$1.00
<input checked="" type="checkbox"/> 100% Frozen Fruit Juice Cup - Dairy Free	\$2.00
<input checked="" type="checkbox"/> Ice Mony Frozen Treats	\$2.00

DRINKS

<input checked="" type="checkbox"/> Plain Milk	\$2.00
<input checked="" type="checkbox"/> Bottled Water	\$2.00
<input checked="" type="checkbox"/> 100% Apple Juice 200mL	\$3.00
<input checked="" type="checkbox"/> 100% Apple Black Currant Juice 200mL	\$3.00
<input checked="" type="checkbox"/> Hot Chocolate	\$2.50
<input checked="" type="checkbox"/> OAK Chocolate Flavoured Milk	\$3.00
<input checked="" type="checkbox"/> OAK Strawberry Flavoured Milk	\$3.00
<input checked="" type="checkbox"/> Chill J Sparkling Fruit Juice - 5 Star Rating	\$3.00

- EVERYDAY FOODS
- OCCASIONAL FOODS

Claremont College Canteen accepts all online orders using FlexiSchools - Setting up an online account is easy!

**For any Gluten Free Sandwiches add 50c
*All Sandwiches and Wraps can be Toasted - No Charge
*All Sandwiches and Wraps are made with Wholemeal
*All Cheese is Mainland Reduced Fat Tasty Cheese
All Chicken free range, marinated in garlic/mustard then grilled, we also use lean beef for our meals.

1. Go to www.flexischools.com.au
2. Select register option & enter your email address
3. You will be sent an email, click on the link to complete
4. Fill in your details on the registration form & submit
5. Add your students, select their school & class

OUR KITCHEN IS ALLERGY AWARE

*According to the new Healthy School Canteens Strategy of NSW you should fill at least 1/3 of your menu with Everyday snacks, meals and drinks, with Occasional items making up 1/3 of your menu. *<https://healthyschoolcanteens.nsw.edu.au>*