

PENGUIN'S PANTRY MENU

SUMMER – Terms 4 & 1 2017

OPEN MONDAY-FRIDAY - Order online www.ouronlinecanteen.com.au before 8.45am or at the counter from 8.00am

AVAILABLE EVERY DAY

SALADS

Side Salad \$2 Salad Tray \$3.50
Lettuce, Tomato, Cucumber,
Sweet Corn, Carrot, Beetroot,
Capsicum, Avocado, Cheese, Mayo
ADD.....
Quiche or Salmon Patty \$1.50
Egg or Tuna or Chicken \$1.00

SPECIAL SALADS

PINK RICE \$2.50
Rice, beetroot, cheese,
corn, onion, dressing

HEARTY PASTA \$2.50
Pasta, mixed beans, celery,
apple, sultanas, dressing.

SANDWICHES

Cheese \$2.50
Chicken \$3.00
Ham & salad \$4.00
Tuna or Egg \$2.70
Vegemite \$2.00
Salad \$3.00
(Lettuce, tomato,
Cucumber, carrot)
Extras
Roll / Wrap 50c
Salad \$1.00
Cheese 50c
Tomato 30c
Cucumber 30c
Lettuce 20c
Beetroot 30c
Mayo 20c
Wholemeal bread is used, white
or gluten free available on
request

WEEKDAY SPECIALS

MONDAYS ONLY

Mrs B's Burger Bar \$5.00
Step 1 – Choose your outside
Seeded roll / wholemeal roll / lettuce
Step 2 – Choose your patty
Beef / Chicken / Salmon
Step 3 – Add sauce Tomato / BBQ / Mayo
Step 4 – Add as many salads as you like
Lettuce / Tomato / Cucumber / Carrot
Beetroot / Pineapple / Cheese

WEDNESDAYS ONLY

PIZZA \$3.00
Margarita Ham & Pineapple
BBQ Chicken Champion Bacon Blitz

FRIDAYS ONLY

Cruiser Beef Pie \$4.00
Gluten Free Meat Pie \$4.00
Sausage Roll \$3.00
Party Pie \$1.50 each OR 3 for \$4.00
Tomato or BBO Sauce Portion 50c

DRINKS

MILK \$1/\$1.50 WATER \$1.00
Plain 225ml \$1.00
Add Sipahh Straw 50c JUICE \$2
Flavoured 300ml Apple,
Chocolate, \$1.50 Apple & Blackcurrant
Banana, Strawberry Orange

HOT FOOD

Macaroni Cheese (V) \$4.00
Pasta Bolognese \$4.00
Lasagne \$4.00
Fried Rice (V) (GF) \$4.00
Corn Cob \$1.00
Baked Potato & filling \$2.50



SNACKS

Watermelon tub 50c
Watermelon slice 10c
Carrot/Celery stick 5c
Yogurt small 50c
large \$1.00
Fruit salad \$1.00
Fromos (max3) 20c

WARM WRAPS/HOT ROLLS

CHICKEN TWISTER \$3.50
(Chick strip, lettuce, mayo,
Carrot, tomato, cheese)
TUNA MELT \$4.00
(Tuna, cheese, Sweet corn)
CHICKEN MELT \$4.00
(Chicken, Cheese, Tomato, Avocado)
HOT CHICKEN ROLL \$3.50
HALF HOT ROLL \$2.00

SUSHI &

RICE PAPER ROLLS (GF)
Teriyaki Chicken, Tuna
or Veggie Delight \$4.00
Soy sauce 20c

ICE CREAMS (lunch only)

Icy Pole 50c
Vanilla Bucket \$1.00
Moosie \$1.50
Billabong \$2.00

TOASTED SANDWICHES

Cheese \$3.00
Ham & Cheese \$3.80
Chicken, cheese, pineapple \$4.00
Baked bean or Spaghetti \$3.00
Tuna & Cheese \$3.80
Vegemite \$2.30
Add tomato / mayo / other 20c each