JOHN FORREST SECONDARY COLLEGE

CANTEEN MENU

SANDWICHES, ROLLS AND LEBS		
	Sandwiches	Rolls
Chicken	4.50	5.50
Ham	4.50	5.50
Tuna	4.50	5.50
BLT	4.50	5.50
Cheese	3.50	5.00
Egg	3.50	5.00
Salad	3.50	5.00
Vegemite	2.00	
Add Salad	0.50	1.00
Extras: Cheese, Egg, Beetroot, Pickle, Onion	.50	.70
WRAPS		
Wraps (whole)		5.80
Wraps (half)		3.00
OTHER		
Gourmet salad trays		6.00
Onigiri (Rice Balls) Chicken or Tuna	Large	3.00
	Small	2.00
	Plain	1.50
Pasta Salad		4.00
Potato Salad		4.00
Vegetable Frittata		4.00
Fruit Salad		3.50
Muffin		2.50
Yoghurt		2.50
Fruit and Yoghurt Cups		3.00
Cheese and Water Crackers		2.00
Fruit		1.50
Sauce		.50

HOT FOODS	
Pastie	4.70
Pie	4.70
Cheese Pie	4.70
Hot Chicken Roll	4.50
Chilli Strips (2)	4.00
Sausage Roll	3.70
Dino Snacks (4)	3.00
Goujons (4)	3.00
Chiko	3.00
Cornjack	3.00
Hash Brown (2)	1.50
Chicken Burger, tomato, cucumber, lettuce	5.50
Cheese Burger, tomato, cucumber, lettuce	5.50
Fish Burger, tomato, cucumber, lettuce	5.50
Bacon/Egg Burger	5.50
Lasagna	4.50
Bolognese	4.50
Pasta bake	4.50
Chicken Curry & Rice	4.50
Fried Rice	4.50
Pizza Slab – vegetarian	4.00
Pizza Slab – hawaiian	4.00
Pizza Slab – bacon blitz	4.00
Pizza Slab – pepperoni	4.00
Stuffed Potato	4.00
Soup – Pumpkin with Bread (winter only)	4.00
Soup – Minestrone with Bread (winter only)	4.00
Soup – Chicken with Bread (winter only)	4.00
Cheesie	1.20
Quiche – Lorraine or Spinach & Feta	4.50

ICECREAMS	
Paddle Pop – Chocolate	2.40
Paddle Pop – Rainbow	2.40
Low Fat Vanilla Cup	1.50
Frozen Fruit Cup – Orange	1.10
Frozen Fruit Cup – Apple	1.10
Frozen Fruit Cup – Apple/Blackcurrant	1.10
Quelch Sticks	.70
Icey Poles	1.50

DRINKS	
Flavoured Milk (Large)	4.00
Flavoured Milk (Small)	2.80
Water	2.00
Plain Milk 600ml	2.50
Juice Pop	2.00
Hot Milo (winter only)	2.50
Milk (225ml)	1.20

YES
EFTPOS
AVAILABLE

Please Note: Prices are subject to change.

All items are available to order.
Hash Browns are two in a packet and only available Monday and Friday.

Pastry items available Monday and Fridays only.
Tuesday/Wednesday/Thursday – only green items will be sold