



**SAINT STEPHENS COLLEGE**  
**Metropolitan Canteens**

Prices effective from January 2018



**Sandwiches Rolls & Wraps**

**White/wholemeal/Multigrain**

**Ingredients**

Choose from Ham, Poached Chicken, Smoked Salmon, Turkey, Egg, Roast beef, Lettuce, Tomato, Carrot, Cucumber, Alfalfa, Beetroot, Onion, Avocado **with** Cranberry, Mustard, Mayo & Roast Vegetables.

<b>Sandwiches</b>	<b>\$4.50</b>
<b>Rolls</b>	<b>\$5.00</b>
<b>Wraps Half</b>	<b>\$3.50</b>
<b>Wraps Whole</b>	<b>\$6.00</b>
<b>Focaccia Grilled</b>	<b>\$5.50</b>

**Salads**

Pasta & Rice Salad	\$5.00
Chicken Caesar	\$5.00
Greek Salad	\$5.00
Thai Salad	\$5.00
Tuna Salad	\$5.00
Beef Salad	\$5.00
Fresh Fruit (whole)	\$1.20
Fruit Salad small	\$4.20
Yoghurt	\$3.00
Jelly	\$2.00
Chocolate Mousse	\$2.00

**From our Resident Nutritionist Stephanie Wearne**

**From BodygoodFood**

**Web: [www.bodygoodfood.com.au](http://www.bodygoodfood.com.au)**

Berry & Oat Muffins	\$3.30
Banana & Coconut Bread (Homemade)	\$3.90
Corn & Bacon Fritters	\$3.30
Quinoa Salad	\$5.50
Vietnamese Chicken Salad	\$6.00
Roast Beef Wrap with spinach, Relish Red Onion & Mustard	\$6.50
Mexican Bean Pots with guacamole, Sour Cream & Cheese	\$5.50
Muesli Slice (Homemade)	\$3.90
Energy Balls (Homemade)	\$2.20
Rice Paper Rolls (2 small)	\$2.50
Sushi variety	\$3.30ea

**THE BAKERY**

**All made on site (low fat)**

Cookies	from	\$2.00
Muffins Fruit Variety		\$2.50
Scones jam and cream		\$2.00
Slices Homemade		\$4.40



**THE BAKERY**

**Continued**

**All made on site (low fat)**

Sausage Rolls	\$4.00
Spinach & Ricotta Rolls	\$4.40
Quiche	\$4.00
Pasties	from \$4.00
Pies	from \$4.00

Croissant plain or jam	\$3.30
Croissant Ham & Cheese	\$4.40
Croissant Cheese & Tomato	\$3.90

**Burgers & Buns**

Chicken Schnitzel	\$5.50
Grilled Chicken	\$5.50
Cheeseburger	\$4.50
Hamburger & salad	\$5.50
Hot Roast chicken & Mayo	\$5.00
Falafel Wrap	\$4.50
Hot Roast Beef & Gravy	\$5.00
Vegetarian Burger	\$5.00
Fish Fillet Burger	\$5.50
Hot Dogs with sauce	\$4.00

**MEAL SPECIALS Vary Daily check In Canteen for weekly menu**

**Pasta Dishes**

Penne Carbonara	\$5.50
Penne Bolognese	\$5.50
Vegetarian Shells	\$4.50
Beef Lasagne	\$5.00
Vegetarian Lasagne	\$5.00

**Rice Dishes**

Vegetarian Fried Rice	\$3.50
Special Fried Rice	\$4.40
Steamed Rice with Asian Greens	\$5.00

**Other Meals**

Roast Meat with Roast vegetables	\$6.00
Singapore Noodles	\$5.50
Baked Potato with Toppings	\$5.50

Many more varieties will be available during the course of the year such curries and casseroles. Also Yiros

**Check the school Bulletin and other Canteen Notice Boards for daily specials**

**Canteen Price List**

Prices effective from January 2018



**VEGETARIAN & HALAL & GLUTEN FREE OPTIONS AVAILABLE**



<b>Breakfast</b>	Available from 8-00am	
Cereal and Milk	Full Cream or Skim	\$2.50
Bacon and Egg Roll		\$5.00
Bacon and Egg Muffin		\$4.40
Scrambled Egg Wrap		\$5.00
Egg Bacon & Sausage Wrap & Hash Brown		\$6.00
Croissant Ham & Cheese		\$4.40

**ORDER ON LINE WITH FLEXISCHOOLS TO AVOID THE QUEUE**



600ml Plain Milk	\$2.00
300ml Plain Milk	\$1.20
Slushies	\$2.00
600ml water	\$2.50
500ml Flavoured Milk	\$4.40
300ml flavoured Milk	\$2.50
Up and Go Milk	\$2.80
Just Juice	\$2.20
Fruit Juice 200ml	\$2.80
Fruit Juice 350ml	\$3.80
Mineral Water	\$4.00
Gatorade	\$4.40

**ICE CREAMS /Frozen Items**

Selection of approved ices available from canteen

**Slushies**

Fruit Juice	small	\$2.00
	Large	\$3.50

**Crisps**

Red Rock Potato Crisps 28gm	\$2.00
Vege Chips 27gm	\$2.00

**Breakfast**

Start your day with a good filling breakfast and early is a good time to pre- order and pay for lunch to avoid the queues.

**Other snacks**

such as Dim Sims Hash Browns, Spring Rolls, Mini Chicken Drumsticks & Nuggets (all oven baked) will be available on a rotating basis from time to time.