### JOHN TONKIN COLLEGE TINDALE
### CAFETERIA MENU
### SUMMER 2015

#### BREAKFAST
**MONDAY, WEDNESDAY, FRIDAY**
- **BREAKFAST CLUB**
- KINDLY SUPPLIED BY FOODBANK

**TUESDAY, THURSDAY**
- WHOLEMENAL TOAST & SPREAD $1.50
- 2 WEETBIX WITH LOWFAT MILK $1.50
- WARM OR COLD MILK $1.50

#### LUNCH
**SANDWICHES**
- CHEESE 50c EXTRA
- BEETROOT 50c EXTRA

**TOASTED SANDWICHES**
- SANDWICHES $4.00
- ROLLS/WRAPS $4.50
- FOCCACIA'S EXTRA $1.00

**ROLLS**
- **HAM**
- **CHICKEN**
- **CHEESE**
- **TUNA**
- **Egg**

**WRAPS**
- **HAM**
- **CHICKEN**
- **CHEESE**
- **TUNA**
- **Egg**

**FOCCACIA'S**
- **HAM**
- **CHICKEN**
- **CHEESE**
- **TUNA**
- **Egg**

**ALL SANDWICHES/ROLLS INCLUDE**
- **TOMATO**
- **CARROT**
- **CUCUMBER**
- **LETTUCE**

#### LUNCH SPECIALS
**MONDAY**
- SOUTHERN CHICKEN WRAP WITH SALAD AND MAYO $4.50
- HOMESTYLE SAUSAGE ROLL $2.50

**TUESDAY**
- MACARONI CHEESE $4.50
- HOTDOG WITH TOMATO SAUCE $3.50

**WEDNESDAY**
- HAMBURGER WITH SALAD $4.50
- HOT CHICKEN ROLL $4.00

**THURSDAY**
- BEEF PIE/BEEF CHEESE BACON PIE $4.00
- SWEET CHILLI CHICKEN WRAP WITH SALAD AND MAYO $4.50

**FRIDAY**
- SPAGHETTI BOLOGNAISE $4.50
- HOMESTYLE SAUSAGE ROLL $2.50
- SPINACH & RICOTTA ROLL $3.50

#### DRINKS
- 300ML FLAVOURED MILK $2.40
- 600ML FLAVOURED MILK $3.80
- 600ML ORANGE C, APPLE C $3.50
- JUICE BOX $1.50
- UP & GO $3.00
- CHOCOLATE, VANILLA KYNETON $3.00
- WATER $1.50

#### SNACKS
- CORNTOS $1.00
- GRAINWAVES 28G $1.30
- HONEY CHICKEN CHIPS 28G $1.30

#### ICECREAMS
- LEMONADE ICY POLE $1.50
- FANDAGLES FAIRYFLOSS $1.70
- LIFESAVER $2.30
- MILO SCOOP $3.00

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**ORDERS MUST BE IN BEFORE 11.00PM**
**ORDERS CAN BE MADE VIA THE CANTEEN OR ONLINE AT ouronlinecanteen.com.au**
**PHONE: 9535 3800**