# John Tonkin College Tindale Cafeteria Menu
## Winter 2015

### Breakfast

**Monday, Wednesday, Friday**

- **Breakfast Club**
- Kindly supplied by Foodbank

**Tuesday, Thursday**

- Wholemeal toast & spread $1.50
- 2 Weetbix with lowfat milk $1.50
- Warm Milo $1.50

### Recess

- Cheesie $1.50
- Fruit muffin $2.00
- Hawaiian pizza $2.00
- Chocolate yogo $2.00
- 6 Chicken chippies $3.00
- Chicken sub $3.30
- ½ Hot dog $2.00
- ½ Hot Chicken roll $2.50

### Lunch

#### Sandwiches

- Ham
- Chicken
- Cheese
- Tuna
- Egg

#### Toasted Sandwiches

- Ham
- Chicken
- Cheese

#### Rolls

- Ham
- Chicken
- Cheese

#### Wraps

- Choice from: Ham, Chicken, Cheese

#### Focaccia’s

- Choice from: Ham, Chicken, Cheese

**All Sandwiches/Rolls Include**

- Tomato
- Carrot
- Cucumber
- Lettuce

- Cheese 50c extra
- Beetroot 50c extra

#### Breakfast Club

- Kindly supplied by Foodbank

### Lunch Specials

**Monday**

- Fried rice $4.50
- Homestyle sausage roll $2.50
- Chicken burger with salad and mayo $4.50

**Tuesday**

- Hotdog with tomato sauce $3.50
- Hot chicken roll $4.00

**Wednesday**

- Hamburger with salad $4.50
- Pumpkin soup & bread roll $3.00

**Thursday**

- Beef/beef cheese & bacon pie $4.00
- Sweet chilli chicken wrap with salad and mayo $4.50

**Friday**

- Spaghetti bolognese $4.50
- Homestyle sausage roll $2.50
- Spinach & ricotta sausage roll $3.50
- Nacho’s $3.50

### Drinks

- 300mL flavoured milk $2.40
- Chocolate, mocha, caramel, choc mint
- 600mL flavoured milk $3.80
- Chocolate, mocha, caramel, choc mint
- 600mL orange c, apple c $3.50
- Apple blackcurrent c $3.00
- Juice box $1.50
- Up & Go $3.00
- Chocolate, vanilla $3.00
- Kyneton $3.00
- Water $1.50

### Snacks

- Corntos $1.00
- Grainwaves 28g $1.30
- Honey chicken chips 28g $1.30

### Gluten Free

Options available
- Please see canteen staff

### Orders

Orders must be in before 11.00pm
Orders can be made via the canteen or online at ouronlinecanteen.com.au

**Phone:** 9535 3800