



# JIGGI GEMS CANTEEN MENU

## LUNCH (Pre-order)

- Raw Vegetable sticks
- Toasted Cheese Sandwich
- Pizza – Ham/Cheese/Pineapple
- Pizza – Supreme
- Nachos
- Sausage Rolls
- Fortnightly Homemade Special

(11.00am)

- Free
- \$2.00
- \$3.00
- \$3.00
- \$3.00
- \$3.00
- \$4.00 (may vary in price)



## DRINKS

- Milk
- Cold Milo
- Juice (Orange & Apple/Blackcurrant)



- 60c cup
- 80c cup
- 80c cup

## RECESS (No Pre-orders)

- Fresh Fruit Pieces
- Raisin Toast
- Homemade baked goods
- Frozen Smoothie cups
- Quelch Ice Blocks

- (1.15pm)
- Free
- 25c piece/2 for 40c
- 80c
- 80c
- 80c



## **DETAILS**

### **LUNCH**

- Raw Vegetable sticks: seasonal eg carrots, Cucumber, Capsicum, Cherry Tomatoes, Celery
- Toasted Cheese Sandwich: Wholemeal bread, Tasty Cheese
- Pizza – Ham/Cheese/Pineapple: 200 grams, Canteen made with White pizza bases (Brand Nevana), passata, herbs, Tasty cheese, ham, fresh pineapple (cubed and frozen) or tinned pineapple in fruit juice
- Pizza – Supreme or Vegetarian: canteen made with pizza bases as above, passata, fresh herbs, savoury mince (ingredients as above), tasty cheese,
- Nachos – plain salted corn chips, canteen made Mexican mince and beans. Tasty cheese. Greek Yoghurt. Guacamole when available.
- Sausage Rolls: homemade with either pork or chicken and vegetables in puff pastry.
- Fortnightly homemade Special: eg. Mac n Cheese with hidden veg, sushi, fried rice, noodles, burgers, lasagne, meatballs with pasta, pies,

### **DRINKS – all canteen made**

- Milk: 220 mls
- Cold Milo: 220 mls, 1 level Tablespoon milo
- Juice (Orange & Apple/Blackcurrant): 99% juice Woolworth's Homebrand, 220 mls

### **RECESS**

- Fresh fruit pieces: seasonal, eg apples, oranges, mandarins, pears, grapes, pineapple and/or melon, usually 3-4 different types
- Raisin Toast: Woolworths Homebrand, regular loaf size slices.
- Homemade baked goods – eg muffins, cakes, breads, slices, biscuits. Made with fruit and/or wholefood ingredients such as oats. No confectionary
- Frozen Smoothie cups: Serving size 125 mls/half a cup, frozen fruit, Greek natural yoghurt and milk, honey, options will be berry or banana/mango
- Quelch ice-blocks – variety of fruit juice flavours