

CRESCENT CRUNCH SUMMER MENU

<u>SANDWICHES</u>	<u>PRICE</u>	<u>HOT FOOD</u>	<u>PRICE</u>	<u>WEEK DAY SPECIALS</u>	<u>PRICE</u>
<i>White or Wholemeal Roll</i>	\$0.70	Macaroni Cheese (v)	\$7.00	MONDAY	
<i>Toasted</i>	\$0.50	Macaroni Cheese with Chicken & Corn	\$7.60	Chicken Nuggets (each, max of 4) (h)	95c
<i>Vegetemite</i>	\$2.35	Lasagne (Optional Vegetarian)	\$7.00	Corn Cob 	\$1.80
<i>Salad (lettuce, tomato, cucumber, carrot)</i>	\$3.85	Twista Pasta	\$7.00	Beef Party Pies (each, max of 3)	\$1.80
<i>Ham</i>	\$4.10	Fried Rice (g & v)	\$7.00	Sausage Roll	\$3.60
<i>Cheese</i>	\$3.75	Nachos with salsa & Cheese (v)	\$7.00	Chicken Chow Mein*	\$7.00
<i>Egg/Curried Egg</i>	\$3.75	Hot Chicken and Mayo Long Roll	\$5.30	<small>*Chicken, Vegetables and Noodles tossed in an Asian Inspired sauce</small>	
<i>Tuna</i>	\$3.75	Hot Chicken, Cheese and Mayo Long Roll	\$5.85	TUESDAY	
<i>Chicken</i>	\$4.90	Mini Quiche (Ham & Cheese/Cheese & Tom)	\$2.00 ea	Chicken Strip Sub or Wrap Lettuce & Mayo	\$6.60
SUMMER WRAPS		SNACKS		Pizza Single	\$4.10
Wholemeal Wrap with Mayo and Salad* with your choice of...	\$5.80	Strawberry Yogurt (Low Fat)	\$2.35	Bacon & Cheese/Margarita/Hawaiian	
Chicken/Tuna/Ham/Cheese/Egg		Yoghurt Pouch	\$2.35	Steamed Vegetable Dumplings (5)	\$7.00
EXTRAS		Tutti Frutti/Marshmallow/Mango		Spaghetti and Meatballs *HOMEMADE	\$7.00
Salad (lettuce, tomato, cucumber, carrot)	\$1.20	Cheese & Crackers 4pce	\$2.00	WEDNESDAY	
Egg, Tomato, Pineapple, Beetroot, Cheese	\$0.70	Fresh Fruit	\$1.00	Hamburger & Salad*/Cheese	\$7.00
Cucumber, Carrot, Mayo	\$0.60	Fruit Salad (Contains Various Fruit)	\$4.10	Chicken Burger with Salad*	\$6.60
Tomato Sauce Sachet	\$0.60	DRINKS		Meatball Sub with Lettuce and Mayo	\$6.60
JAFFLES		Fruit Juice 250ml	\$2.05	<small>*Homemade meatballs stirred through a Tomato Based Sauce</small>	
Spaghetti/Baked Beans/ Cheese	\$3.90	Orange/Apple/Tropical/ Blackcurrant		Beef Party Pies (each, max of 3)	\$1.80
FRESH SALAD		Juice Bomb	\$2.50	Sausage Roll	\$3.60
<u>Picky Plate</u>		Watermelon/Raspberry/Grape/ Blackcurrant		THURSDAY	
Cheese and Crackers served with Vegetable Stick, Seasonal Fruit and Dip.	\$6.00	Water 600ml	\$2.00	Hotdog & Tomato Sauce 	\$4.70
<u>Salad Plate</u>		Plain Milk 225ml	\$2.00	Spaghetti and Meatballs *HOMEMADE	\$7.00
Contains Lettuce, Tomato, Cucumber, Carrot, Celery, Orange & Apple served with a Slice of Wholemeal Bread.	\$6.00	Flavoured Milk 300ml	\$2.00	Pulled Chicken & Gravy Roll *HOMEMADE	\$7.00
EXTRAS		Choc/Strawberry/Banana	\$2.80	Chicken Chow Mein*	\$6.00
Ham/Cheese/Tuna/Boiled Egg/Beetroot.	\$0.70	RECESS		<small>*Chicken, Vegetables and Noodles tossed in an Asian Inspired sauce</small>	\$7.00
Zucchini Slice/ Vegetable Pattie/Salmon Pattie/Meatball (2)/Quiche. (HOMEMADE)	\$2.00 each	Cheesie Small	\$1.00	Steamed Vegetable Dumplings (5)	\$7.00
Chicken Tender Crumbed/Sweet Chilli	\$2.00 each	Cheesie Large	\$1.50	FRIDAY	
<u>Pasta Salad</u>		Fruit- Whole	\$1.00	Pulled Chicken & Gravy Roll *HOMEMADE	\$6.00
Contains Pasta, Celery, Tomato and Carrot with Tuna/Chicken/Cheese (v) tossed in a creamy Caesar Salad Dressing.	\$5.80	Fruit -Cut (Fresh Fruit Cut into Bite Size pieces)	\$1.50	3 Fish Fingers & 6 Potato Gems	\$4.70
		Various Cake, Biscuits & Slices \$0.70 - \$1.50		Meatball Sub	\$6.60
		AFTER LUNCH SALES *		<small>*Homemade meatballs stirred through a Tomato Based Sauce</small>	
		Icy Pole (Half)	\$0.80	Taco Boat and Salad	\$7.00
		Icy Pole (Whole)	\$1.40		
		Vanilla Ice Cream Bucket	\$2.00		
		Moosie Chocolate/Strawberry/Blue Moon			
				CAN YOU LEND A HAND?	
				Our canteen is run on the help of volunteers - If you can spare anytime to help it would be greatly appreciated. By lending a hand it means our canteen can provide more healthy homemade food	
				No Experience required	
				CONTACT fcpscanteen@gmail.com or drop in.	

Please note when ordering you may only select one **AMBER** food item per order