# Mt St Patrick Canteen Price List

1/2/2014

## Sushi
- Chicken & Avocado: $2.70
- Chicken Teriyaki: $2.70
- Tuna & Cucumber: $2.70
- Vegetable Tempura: $2.70
- Vegetarian: $2.70

## Rolls
- Salad: $4.00
- Mini Salad Roll: $2.10
- Chicken & Salad: $5.00
- Ham & Salad: $5.00
- Salmon & Salad: $5.00
- Egg & Lettuce: $4.00
- Ham: $3.30
- Vegemite Roll: $1.60
- Buttered Roll: $1.20

### Extra Fillings
- *Avocado:*
- *Hommos:*
- *Garlic Aioli:*
- *Cheese:*
- *Cream Cheese: $0.70*

## Salad Wraps
- Salad: $4.00
- Chicken & Salad: $5.00
- Ham & Salad: $5.00
- Salmon & Salad: $5.00
- Falafel & Tzatziki: $5.00

## Toasted Sandwiches
- Any 2 combination: $3.50

## Toasted Turkish Bread
- Any 2 fillings: $4.50
- Each extra filling: $0.70

## Burgers:
- Hamburgers: $4.80
- Chicken Burgers: $4.50
- Chicken Chilli Tender Burger: $4.50
- Vege Burger: $4.80
- Mini chicken Burger: $3.50
- Mini Chick Chilli burger: $3.50
- Mini Hamburger: $4.00

## Salad Boxes
### Large - $5.00 / Small - $2.50
- Garden Salad
- Pasta Salad
- Fruit Salad
- Falafel, Tzatziki & Tabbouleh Salad

## Hot Food
- Pizza Slice: $3.50
- Plain Pie -
  - *Low Fat Large: $3.50*
  - *Low Fat Mini: $1.20*
  - *Sauce for pies: $0.20*
- Sausage Roll – Low Fat: $3.50
- Spinach Roll – Low Fat: $3.50

## Bakery
- *Honey-Oat Slice: $2.00*
- *Chocolate Slice: $2.00*
  **(Half piece of slice @ $1.00)**

## Snacks
- Fresh Honey Yoghurt: $2.00
- Fresh Honey Yoghurt with-
  - *Berries or Passionfruit: $2.50*
  - *Muesli: $2.50*
- Red Rock Crisps 28g-
  - *Plain: $1.20*
  - *Honey & Soy: $1.20*
  - *Rice Crackers: $1.20*
  - *Pretzels: $1.20*
  - *Cheese & Crackers: $1.50*
  - *Vege Chips: $1.20*
  - *Vege Sticks + Hummus: $2.50*
  - *Vege Sticks + Tzatziki: $2.50*
  - *Vege Sticks + Corn Relish: $2.50*
  - *Apples, Oranges, Bananas: $0.70*
  - *WeetBix & Cranberry Balls: $0.50*

## Drinks
- Orange Juice 300ml: $3.00
- Apple Juice 300ml: $3.00
- Apple & Cranberry Juice 300ml: $3.00
- Apple & Blackcurrant Juice 300ml: $3.00
- *Poppers: $1.50*
- Water 500ml: $1.80
- *Schools Milk – Flavoured: $2.00*
- *Milk –* 600ml Plain: $1.90
  300ml (Strawb., Choc.): $2.50
- LOL's (Trop., Blackcurrant, Rasp.): $2.00
- Iced Tea 250ml: $2.50

## Salad of the Day
- Large - $5.00 / Small - $2.50
  - Monday: Beetroot, Orange, Fetta and Mint
  - Tuesday: Potato, Dill, Pea and Tahini
  - Wednesday: Quinoa and Lentil, Asparagus and Tomato
  - Thursday: Shaved Brussel Sprouts and Cranberry
  - Friday: Greek Salad

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![Pyramid of Healthy Foods]

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