



# Trinity Lutheran College

## Canteen Menu

### Term 1 2024

#### SANDWICHES/ WRAPS/ HALF WRAPS FRESH OR TOASTED

**BUILD YOUR OWN SANDWICH OR WRAP:**  
Choose from a variety of fillings:

**Salad fillings:**  
TOMATO, CUCUMBER, CARROT, LETTUCE  
CHEESE, RED ONION

**Meat fillings:**  
FRESH CHICKEN, HAM, SWEET CHILLI TENDERS, TUNA

**Condiments:**  
SWEET CHILLI SAUCE, MAYONNAISE

**BUILD YOUR OWN SALAD TUB:**  
Choose from a variety of fillings: **AS ABOVE**

**FRUIT SALAD TUBS \$5.00**

## HOT FOOD

CHICKEN NUGGETS	\$1.00 each \$5.00 FOR 8
HAM AND CHEESE CROISSANT	\$5.00
HAM AND CHEESE PIZZA	\$5.00
HAWAIIAN PIZZA	\$5.00
GARLIC AND CHEESE PIZZA	\$5.00
BBQ CHICKEN PIZZA	\$5.00

## SWEET TREATS

MUFFINS	\$1.50
JELLY CUPS	\$1.50
CORNFLAKE COOKIES	\$2.00

## COLD TREATS

ICY POLES	50c
DIXIE TUB VANILLA ICE CREAM	\$2.50
FROZEN YOGURT (STRAWBERRY, RASPBERRY, MANGO )	\$2.50

## COLD DRINKS

STONE MOUNTAIN WATER	\$2.00
ORANGE JUICE	\$3.00
APPLE JUICE	\$3.00
FOCUS FLAVOURED WATER	\$2.50

## WEEKLY SPECIALS

**MONDAY (A)**  
HOT DOG WITH CREAM CHEESE  
AND TOMATO SAUCE \$6.00

VIETNAMESE CHICKEN SALAD \$6.00

**TUESDAY (A)**  
NACHOS \$6.00  
CAESAR SALAD \$6.00

**WEDNESDAY (A)**  
BUTTER CHICKEN \$6.00  
POTATO SALAD \$6.00

**THURSDAY (A)**  
BEEF BURGERS \$6.00  
CREAMY PASTA SALAD \$6.00

**FRIDAY (A)**  
Large meat pie \$5.00  
Large sausage roll \$4.50  
Pattie: meat or vegetarian \$5.00  
Party pies or mini sausage roll \$1.50  
Quiche Lorraine or Spinach & fetta \$5.00

Pastries are made by Cowards Cakes and have been  
accredited by Healthy Canteens Association of Victoria

The canteen menu follows the Healthy eating Policy and is based on “Go For Your Life”, a Victorian Government initiative for school canteens. Gluten Free Options Are Available

**GREEN GO FOOD (G):** These are foods that are low in fat, low in sugar, low in salt and HIGH in nutrients! These include fruit, salad, wholemeal sandwiches, lean meat.

**AMBER CAUTION FOOD (A):** These are foods that provide some nutritional value but are moderately high in fat, salt, sugar and energy such as pasta, focaccias, jaffles.

**RED STOP FOOD (R):** These foods are poor in nutrients, high in fat, sugar or salt such as lollies, chips, soft drinks, cake. These foods are only available from the canteen on Friday’s.