



# Our Lady Star of the Sea Terrigal Canteen Menu 2021

## Burgers

### **Cheese Burger - \$4.50**

Beef Patty, Lettuce, Tomato & Cheese + Sauce

### **Chicken Burger - \$4.50**

Seared Chicken Breast, Lettuce & Mayo

### **Vegie Burger - \$4.50**

Red Lentil Patty (home-made), Lettuce, Carrot, Sour cream & Sweet chilli sauce

### **Mexican Burger - \$4.50**

Seared Chicken Patty, Lettuce, Cheese, Salsa & Avo Dip

### **Hawaiian Chicken Burger - \$4.70**

Seared Chicken Breast, Lettuce, Cheese, Pineapple & Mayo

### **OLSS Burger - \$5.00**

Beef Patty, Lettuce, Tomato, Cucumber, Carrot, Beetroot, Cheese, Pineapple + Sauce

## Wraps

### **Chicken Tender Twister - \$4.50**

Oven cooked Chicken Tender x 2, Mayo, Lettuce, Tomato & Cheese

### **Sweet Chilli Chicken Tender Twister - \$4.50**

Oven cooked Sweet Chilli Chicken Tender x 2, Mayo, Sweet chilli sauce, Lettuce, Tomato & Cheese

### **Mexican Twister - \$4.50**

Oven cooked Chicken Tender x 2, Lettuce, Tomato, Cheese, Salsa & Avo dip

## Hot Foods

Chicken Nuggets	80c
Chicken Nuggets <b>GF</b>	80c
Garlic Bread	\$1.00
Wholegrain Garlic Bread	\$1.00
Hot Cheese Roll	\$2.50
Cheese Ham Scroll	\$2.20
Cheese Vegemite Scroll	\$2.20
Party Pie Beef 130g	\$3.00
Pie Beef 175g	\$3.50
Sausage Roll	\$3.00
Spag Bolognaise	\$4.50
Fried Rice <b>GF</b>	\$4.50
Macaroni Cheese	\$4.50
Lasagne	\$4.50
Sauce Sachets	30c
	Tomato
	BBQ
	Sweet N Sour

## Sandwiches, Rolls & Wraps

Prepared fresh daily.....

Boiled eggs	\$1.00
Tuna	\$4.00
Salmon	\$4.00
Breast Chicken	\$4.00
Breast Chicken & Salad	\$4.50
Ham	\$4.00
Ham & Salad	\$4.50
Salad	\$4.00
Egg & Lettuce	\$4.00
Cheese	\$2.50
Vegemite	\$2.20
Ham & Cheese	\$4.20
Ham, Cheese & Tomato	\$4.50
Baked Beans & Cheese	\$4.00
Spaghetti & Cheese	\$4.00
Buttered bread or roll	\$1.00

\*Bread, Rolls & Wrap options - White, Grain, Wholemeal

\*Gluten Free Bread Available

ALL CAN BE TOASTED.

## Hot Roast Meat Rolls

Chicken & Gravy	\$4.50
Beef & Gravy	\$4.50

\*Long white roll

## Nacho's

### **Vegetarian - \$5.00 **GF****

Corn Chips, Cheese, Mexi Beans, Avo Dip, Salsa & Sour Cream

### **Beef - \$5.00 **GF****

Corn Chips, Beef, Cheese, Avo Dip, Salsa & Sour Cream

### **Chicken - \$5.00**

Corn Chips, Chicken Breast, Cheese, Avo Dip, Salsa & Sour Cream

## FlexiSchools Ordering Online



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### Salads

<b>Salad Box</b>	<b>\$4.50</b>
Lettuce, Tomato, Capsicum, Cucumber, Carrot, Cheese, Beetroot, Celery & Egg	
Add	
Chicken	50c
Ham	50c
Fish	50c
Tuna	50c

**Roasted Pumpkin Zucchini Slice**  
**\$4.00**

**Roasted Pumpkin Zucchini Slice + Salad**  
**\$4.50**

**Mini Salad Box**           **\$3.50**  
Celery, Carrot, Cucumber, Capsicum & Cheese Cubes

**Mini Salad Box Combo**   **\$5.00**  
Celery, Carrot, Cucumber, Capsicum & Cheese Cubes + 3 nuggets

### Toasted Focaccias

<b>Cheese</b>	<b>\$3.50</b>
<b>Ham</b>	<b>\$4.00</b>
<b>Ham &amp; Cheese</b>	<b>\$4.50</b>
<b>Ham, Cheese &amp; Tomato</b>	<b>\$4.70</b>

### Sushi

<b>Tuna</b>	<b>\$3.50</b>
<b>Teriyaki Chicken</b>	<b>\$3.50</b>
<b>Teriyaki Beef</b>	<b>\$3.50</b>

### Drinks

<b>Flavoured Milk</b>	<b>\$2.00</b>
Chocolate	
Strawberry	
<b>Poppa</b>	<b>\$1.50</b>
Apple	
Orange	
Paradise Punch	
<b>Water</b>	<b>\$1.00</b>

### Snacks

<b>Pikelet</b>	<b>50c</b>
<b>JJ Snacks</b>	<b>\$1.50</b>
<b>Grainwaves</b> (Sour Cream & Chives)	<b>\$1.20</b>
<b>Popcorn</b>	<b>\$1.30</b>
<b>Pretzels</b>	<b>\$1.30</b>
<b>Snaps Light &amp; Tangy</b>	<b>\$1.50</b>
<b>Red Roc Deli Sea Salt Chips</b>	<b>\$1.30</b>
<b>Cup of Custard</b>	<b>\$1.00</b>
<b>Cup of Yoghurt</b>	<b>\$1.00</b>
<b>Boiled Egg</b>	<b>\$1.00</b>
<b>Orange cut in ¼</b>	<b>\$1.00</b>
<b>Apple</b>	<b>\$1.00</b>
<b>Watermelon</b>	<b>\$1.00</b>
<b>Vegie Sticks</b>	<b>\$1.00</b>
<b>Fruit Salad</b>	<b>\$1.50</b>
<b>Fruit Salad w Custard or Yoghurt</b>	<b>\$2.00</b>
<b>Hummus w Vegie Sticks</b>	<b>\$3.00</b>

\* Fruit and Vegetables seasonal

FlexiSchools Ordering Online



## Lunch and Fruit Break Over the Counter Only

\*We try to have all options available but depending on supply and demand not all items/flavours will be available daily.

<b>Vanilla Ice Cream Tub</b>	<b>\$1.00</b>
<b>Calippo</b>	<b>\$1.00</b>
<b>Ice Money TNT's</b>	<b>\$1.00</b>
<b>Blue Raspberry</b>	
<b>Red Raspberry</b>	
<b>Sour Watermelon</b>	
<b>Sour Grape</b>	
<b>Chocolate</b>	
<b>Lemon Ice</b>	
<b>Sour Strawberry</b>	
<b>Juice's</b>	<b>\$1.00</b>
<b>Lemonade</b>	
<b>Wildberry</b>	
<b>Tropical</b>	
<b>Orange</b>	
<b>Moosie's</b>	<b>\$1.20</b>
<b>Chocolate</b>	
<b>Strawberry</b>	
<b>Blue Moon</b>	
<b>Paddle Pop's</b>	<b>\$1.60</b>
<b>Chocolate</b>	
<b>Rainbow</b>	
<b>Icy Twist lemonade</b>	
<b>Jelly Cups</b>	<b>\$1.00</b>
<b>Custard and Milo cups</b>	<b>\$1.00</b>
<b>Choc Chip Muffins</b>	<b>50c</b>
<b>Quelch Sticks (1/2)</b>	<b>50c</b>