



Holy Eucharist Canteen Menu 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ● Stir Fry Noodles with Vegetables and Grill Chicken \$5.50 ● Steam Bun (BBQ Pork/Vegetable) \$3.00 Each ● Beef / Chicken noodle \$4.00 ● Steam Dimsim \$3.00 for 2 ● Baked Chicken nuggets \$3.00 for 5 	<ul style="list-style-type: none"> ● Tuna / Chicken Sushi \$3.00 Each ● Steam Bun (BBQ Pork/Vegetable) \$3.00 Each ● Beef / Chicken noodle \$4.00 ● Steam Dimsim \$3.00 for 2 ● Baked Chicken nuggets \$3.00 for 5 	<ul style="list-style-type: none"> ● Beef Lasagna \$5.00 ● Steam Bun (BBQ Pork/Vegetable) \$3.00 Each ● Beef / Chicken noodle \$4.00 ● Steam Dimsim \$3.00 for 2 ● Baked Chicken nuggets \$3.00 for 5 	<ul style="list-style-type: none"> ● Fried rice with ham and vegetables \$5.00 ● Steam Bun (BBQ Pork/Vegetable) \$3.00 Each ● Beef / Chicken noodle \$4.00 ● Steam Dimsim \$3.00 for 2 ● Baked Chicken nuggets \$3.00 for 5 	<ul style="list-style-type: none"> ● Hot dog \$3.00 ● Steam Bun (BBQ Pork/Vegetable) \$3.00 Each ● Beef / Chicken noodle \$4.00 ● Steam Dimsim \$3.00 for 2 ● Baked Chicken nuggets \$3.00 for 5

No deep fryer – Only air fryer and oven is used

Available Everyday

- Ham Cheese croissant \$4.00
- Ham Cheese pocket \$3.00
- Jam and Butter sandwich \$3.00

Beverage

- Chocolate / Strawberry milk \$2.00
- Spring water \$1.00
- Juice \$1.50

Snack

- Seasonal Fruit cup \$1.00
- Steam corn cob \$1.00
- Jelly cup \$1.00
- Popcorn \$0.50
- Biscuit stick \$2.50
- Tiny Teddy Biscuit \$1.00

- Shapes \$1.00
- Red Rock Deli Potato Chips \$1.50

Ice cold

- Zooper Doopers \$1.00
- Ice cream \$1.00 – \$2.00

HEALTHIER OPTIONS (Available Everyday)

Sandwich/ Roll/ Wrap with

- Grilled Chicken, lettuce and Mayo. \$5.50
- Roast vegetables, Spinach and Cheese \$5.50 (Vegetarian/ Vegan without cheese \$5.00)
- Lettuce, Tomato and Cheese \$3.50
- (Vegetarian/ Vegan without cheese \$3.00)
- Seasonal fruit \$1 (Apple, Banana, Mandarin)

Please write your lunch order bag or note as shown here

CLASS _____

NAME & SURNAME _____

FOOD ITEM _____ PRICE \$.....

TOTAL \$.....

MONEY ENCLOSED \$.....

CHANGE REQUIRED \$.....

The Traffic Light System: Foods and drinks are classified as **GREEN**, **AMBER** or **RED** according to their nutritional value:



RED – OCCASIONAL FOOD

AMBER – SELECT CAREFULLY FOOD

GREEN – EVERYDAY FOOD