

# SHALOM CAFE MENU PRICE LIST

PENRITH CHRISTIAN SCHOOL

## PASTA & RICE

Bolognaise Twists	\$3.60
Fried Rice	\$3.60
Meat Lasagne	\$3.60
Nacho Dippers (160 gm)	\$4.20

## PASTRIES

Junior Pie	\$2.10
Sausage Roll (Low Fat)	\$2.60
Meat Pie (Low Fat)	\$3.20
Potato Pie	\$3.40

## VEGETARIAN

Vegetable Pastie	\$3.30
Vegetable Burger	\$3.40

## HOT FOOD

Chicken Breast Fillet (No Bun)	\$2.00
Pizza Flavoured Rounder	\$2.60
Potato Gems (10)	\$2.60
Chicken Breast Nuggets (5)	\$2.80
Gluten Free Chicken Breast Nuggets (5)	\$2.90
Chicken Breast Goujons (7)	\$2.80
Hot Dog (Low Fat) with Sauce	\$2.80
Chicken Fillet Burger	\$3.40
Hamburger	\$3.40

## SAUCES

Tomato or BBQ Sauce Portions	\$0.50
Sweet and Sour Sauce	\$0.60

## SANDWICHES, ROLLS & WRAPS

Plain Roll or Two Slices Bread with Butter	\$1.00
Cheese and Bacon Rolls	\$2.00
Vegemite	\$2.20
Baked Beans or Spaghetti	\$2.20
Cheese	\$2.80
Egg	\$2.80
Salad	\$3.30
Roast Chicken (No Skin)	\$4.00
Tuna in Spring Water	\$4.00
Leg Ham	\$4.00
Chicken Tenderloin Wrap w/- Lettuce/Mayo	\$4.00
Salmon	\$4.20
Ham, tuna or chicken with salad	\$5.50

### EXTRA FILLINGS

Beetroot, Carrot, Lettuce	0.70 ea
Tomato, Mayonnaise	0.70 ea
Egg, Cheese, Pineapple	0.90 ea

## SALAD BOX

Plain Salad Box	\$4.90
Meat and Salad Box (Please state what meat you would like)	\$6.40

## FRUIT

Apples, Bananas, Oranges	\$1.00
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## SAO BISCUITS

1 Double with Vegemite	\$1.00
1 Double with Cheese	\$1.00
1 Double with Cheese and Tomato	\$1.20

## CAKES & SLICES

Chocolate Cake Sara Lee	\$1.50
Lamington	\$2.20
Chocolate Chip Muffin	\$2.20
Finger Bun	\$2.40
Sliced Banana Bread	\$2.50
Caramel Slice (Mon Only)	\$2.80
Gluten Free Biscuit (Date/Apple or Apricy, Fig & Raisin)	\$2.40

## FROZEN REFRESHMENTS

100% Frozen Fruit Juice	\$0.90
Icecream Cups	\$1.20
Frozen Yoghurt (Strawberry, Mango, Raspberry)	\$2.00

## SNACKS & SWEETS

Curly Wurly	\$1.30
60 gm Mars Bar	\$2.40
55 gm Cadbury's Dairy Milk Bar	\$2.40
Large Eucalyptus Drops	\$1.40
Small Eucalyptus Drops	\$0.80
Small Packet Butter Menthol Drops	\$0.80
Glucose Mixed Lollies	\$1.20
JJ's Chicken Snacks	\$1.30
Chicken Jumpys	\$1.00
27 gm Smiths Chips (Plain or Salt & Vinegar)	\$1.30

## REFRESHMENTS

### MILK

300 ml Plain Milk	\$1.20
300 ml Oak Milk (Vanilla Malt, Chocolate, Strawberry, Coffee)	\$1.90
600 ml Oak Milk (Vanilla Malt, Chocolate, Strawberry, Banana)	\$2.90

### JUICE

200 ml Popper 100% Juice (Apple/Blackcurrant, Orange, Apple)	\$1.40
450 ml Harvey Fresh Juice (Apple or Orange)	\$2.50

### WATER

600 ml Mount Franklin Water	\$2.20
750 ml Pump Water	\$2.60
355 ml Water	\$1.50

### CARBONATED JUICES

350 ml Flavoured Spring Water (Apple/Raspberry, Lemon/Lime, Orange, Blue, Cola)	\$2.00
500 ml Deep Springs Mineral Water (Orange/Mango, Orange/Passionfruit, Orange/Lemon/Lime)	\$3.20
350 ml Fuse Tea (Lemongrass, Berry, Peach)	\$3.00
Active Water (Mango, Lime Rush or Berry)	\$3.00
Powerade (Blue or Red)	\$3.40

