



Valley DELI - TERM 1 2019



MONDAY	English Muffin Pizza Margarita-mozzarella, tasty cheese, pizza sauce on 2 english muffins Hawaiian-ham, pineapple, mozzarella, tasty cheese, sauce	..\$3.00 ..\$4.00
TUESDAY	Sushi -Teriyaki Chicken, Tuna, Avocado	\$3.20ea
WEDNESDAY	Chicken Schnitzel Parma Roll Chicken Schnitzel topped with napoli sauce and cheese, with lettuce, on a round roll	\$4.50
THURSDAY (available from 14 th Feb)	Thai chicken green curry Thai green curry, chicken, red and green capsicum, with jasmine rice	\$4.50
FRIDAY	Friday Meal Deal Choose from Hot Dog, OR <u>5</u> goujons OR Sausage Roll (choose 6 goujons+.50=\$6.50) Plus choice of \$1-\$1.40 snack (tomato sauce free if requested) Plus choice of either Slushy OR frozen yogurt	\$6.00
SANDWICHES....(TOASTED...NO CHARGE!) Choose -Wholemeal, hi-fibre white, or multigrain	\$	FROM THE OVEN \$
*Rolls or wraps- please add..... +50c		Butter Chicken-contains, vegetables, lentils, jasmine rice 5.00
Cheese or Vegemite	2.40	Pasta- Pasta bolognaise (Homemade) 4.20
Cheese & tomato	2.90	- Macaroni Cheese (Gluten free \$4.50) 4.20
Ham	2.90	- Lasagne 4.20
Ham & Cheese	3.40	- Napolitan(tomato topped with cheese) 3.70
Ham, Cheese & tomato	3.90	Cheeseburger-Homemade beef pattie, cheese, tomato 4.50
Chicken & cheese	3.40	Lettuce, tomato sauce sachet
Egg, lettuce & mayo	3.50	Pizza Sub- tasty and mozzarella cheese, pizza sauce on a long roll 2.40
Salad -(lettuce, tomato, cucumber, carrot)	3.70	Dim Sim (steamed) (Soy sauce .10c) 1.00
Add +Egg, Ham or Chicken	1.00ea	Potato Wedges-hot'n'spicy 2.50
Add any salad item or cheese		Hot Chicken 'n' Cheese Roll 3.90
Lettuce, carrot, tomato, cucumber, beetroot or cheese	50c ea	Garlic Roll 1.20
TOASTIES		Hot Dog (sauce +30c) (Gluten Free-\$4.00) (cheese +30c) 3.20
Cheese	2.40	Party Pie 1.30
Cheese & tomato	2.90	Party Sausage Roll (Homemade) 1.30
Ham & cheese	3.40	Sausage Roll (Gluten Free -\$4.50) 3.20
Ham, cheese & tomato	3.90	Deli Delicious(Goujon)Roll-Goujons,lettuce,tomato,mayo 4.20
DRINKS		Deli goujon wrap 4.50
Water	1.00	(goujons, lettuce, tomato, carrot, cucumber, mayo)
Just Juice (apple, apple/blackcurrant, paradise punch)	1.50	Chicken Goujons (max 6 pieces) 60c ea
Flavoured milk (chocolate, strawberry, vanilla)	2.00	1=.60 2=\$1.20 3=\$1.80 4=\$2.40 5=\$3.00 6=\$3.60
SCRUMMY SNACKS		FROM THE FRIDGE
Biscuit (jam, anzac, choc chip)	.60	Jelly 'n' fruit 1.20
Pretzels	1.00	Fruit Salad 1.50
Corntos-BBQ, Cheese	1.00	Carrot Stix 1.00
Popcorn- Original (lightly salted)	1.00	Yogurt (vanilla) 1.50
Go Cookie	1.20	CHILLIN' TREATS
Rice Stix - Cheese	1.20	Ice Blocks .10c Frozen ¼ Orange .20c Pineapple slice .40
Red Rock Chips- Honey Soy, Sea Salt, Sweet Chilli	1.40	Frozen Fruit Cup-apple, orange 1.00
Grainwaves- Sour Cream and Chives	1.40	Juicie (frozen fruit juice) -tropical, blackcurrant 1.00
Gingerbread Kid	1.60	Moosie (frozen flavoured milk) 1.20
ADDED EXTRAS		Slushy Small.....\$1.20 Large.. 2.00
Tomato Sauce-.30c -Soy Sauce -.10c Sour Cream- .60c		Twisted Frozen Yogurt 2.00

Online ordering - Register with - My School Connect (see information sheet on Compass or at the canteen)
Any ingredient, volunteering of ordering queries, please phone Adele 8850 5742 (9-3pm) or text 0400057558- Thank You!