

HUMPYBONG STATE SCHOOL

SOL FOOD CANTEEN MENU

ALL DAY BREAKFAST

Bacon & Egg Muffin	\$3.00
Raisin Toast (2 Slices)	\$2.00
Plain Toast (Vegmite, Jam or Honey)	\$2.00

Baked Bean & Cheese Jaffle	\$3.00
Choice of Multi-grain or brown brea	
*GLUTEN FREE AVAILABLE	



LITE BITES

Apple Slinky	\$1.00
Popcorn	50c
Hard Boiled Egg	\$1.00
Fruit Tub (Custard or Yoghurt)	\$3.00
Mini Muffin	\$1.00
Grilled Mini Corn Cobs	\$1.00
Cheese & Vegemite Scroll	\$1.50
Homemade Cookie (1)	\$1.00
Seasonal Fruit	\$1.00



Tub Yoghurt	TBC
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SANDWICHES

Vegemite	\$2.00
Cheese	\$2.00
Salad	\$3.00
Ham	\$3.00
Chicken	\$3.00

Egg	\$3.00
ADD EXTRAS	

Salad	50c
Cheese	50c

Choice of wrap, multi-grain, brown bread or roll
***GLUTEN FREE AVAILABLE**

DRINKS

Flavoured Fruit Water	TBC
LOL Carbonated Fruit Drink	\$2.00
Bottle Water	\$1.00
Chocolate or Strawberry Milk	\$2.20
100% Orange Juice 250ml	TBC

ICE TREATS

Zooper dooper	
Paddle Pop Lemonade Icy Twist	
Mini Calippo	
Bulla Light Icecream cups	
Snotime Fruity Ice	
Prices range from 50c to \$2.00	



SALAD BAR

SOL SPECIAL SALAD - Spinach, Sundried Tomato, Carrot, Beetroot, Capsicum, Feta & Sweet Potato		
	SMALL	\$3.00

	LARGE	\$5.00
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GARDEN SALAD - Lettuce, Tomato, Cheese & Cucumber	\$4.00
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****ADD EXTRAS****

Chicken or Ham	\$1.50
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Egg	\$1.00
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HOT FOOD Available both 1st & 2nd Break

CHICKEN BURGER - Fresh Grilled Chicken, Lettuce, Tomato & Mayonnaise	\$4.00
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BLT - Fat Free Bacon, Lettuce , Tomato & Mayonnaise	\$4.00
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MELTED CHEESE ROLL	\$2.50
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Your choice of multi grain or sourdough roll

(Gluten free bread available on request)

CHICKEN CHOW MEIN - Soy & Oyster Sauce, Chicken	\$5.00
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Noodles & Vegetables		
FRIED RICE	SMALL	\$3.00

	LARGE	\$4.00
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TEACHERS - SPECIAL FRIED RICE	\$5.00
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(3) HOMEMADE CRUMBED CHICKEN STRIPS- with Tomato or BBQ Sauce Gluten Free Available	\$3.50
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HOMEMADE SAUSAGE ROLLS		
	SMALL	\$1.50

	LARGE	\$3.00
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PIZZA BAR



	SMALL	\$3.00
	LARGE	\$4.50

SOL WORKS - Cheese, Tomato, Ham, Pineapple, Capsicum & Chicken

VEGETARIAN - Cheese, Sweet potato, Spinach, Capsicum, Onion & Tomato

HAWAIIAN - Cheese, Ham, Pineapple

PLAIN - Cheese

***GLUTEN FREE AVAILABLE**

SOL FOOD WEEKLY SPECIALS

MONDAY COMBO		
Seasonal Fruit, Hot Dog (99% Fat Free) & Water	\$5.00	
Seasonal Fruit, MINI Hot Dog (99% Fat Free) & Water	\$4.00	

WEDNESDAY - See Weekly Newsletter	TBA
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FRIDAY COMBO		
Seasonal Fruit, Hot Chicken, Mayo & Lettuce Roll, Water	\$5.00	

TUCKSHOP CONVENORS

Judy Acres & Kaylee Goodyear

*****Menu and Prices subject to change*****

