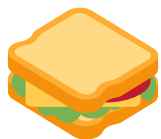


Forest Crescent Summer Menu



SANDWICHES

White or Wholemeal Roll	\$0.90
Toasted	\$0.50
Vegemite	\$2.35
Salad*	\$3.85
Ham	\$4.10
Cheese	\$3.75
Egg/Curried Egg	\$3.75
Tuna	\$3.75
Chicken *Halal	\$4.90



WRAPS

*Wholemeal Wrap with Mayo
and Salad* with your choice of...
Chicken/Tuna/Ham/Cheese/Egg*



EXTRAS

Salad*	\$1.20
Egg, Tomato, Pineapple, Cheese	\$0.70
Beetroot.	
Cucumber, Carrot	\$0.60
Tomato Sauce Sachet, Mayo	\$0.60
*lettuce, Tomato, Cucumber & Carrot	

JAFFLES

Spaghetti/Baked Beans/ Cheese \$4.00

FRESH SALAD

Picky Plate \$7.00
**Cheese and Crackers served with
Vegetable Stick,
Seasonal Fruit and Dip.**
Salad Plate \$6.00

**Contains Lettuce, Tomato,
Cucumber, Carrot, Celery,
Orange & Apple served with
a Slice of Wholemeal Bread.**

Pasta Salad \$5.80

**Contains Pasta, Celery, Tomato and
Carrot with Tuna/Chicken/Cheese (v)
tossed in a creamy Caesar Salad Dressing.**

HOT FOOD

Macaroni Cheese (v)	\$7.00
Macaroni Cheese with Chicken & Corn	\$7.60
Lasagne (Optional Vegetarian)	\$7.00
Twista Pasta	\$7.00
Beef Ravioli	\$7.00
Fried Rice (g & v)	\$7.00
Nachos with salsa & Cheese (v)	\$7.00
Hot Chicken and Mayo Long Roll	\$5.30
Hot Chicken, Cheese and Mayo Long Roll	\$5.85
Mini Quiche Ham and Cheese	\$2.00 ea
Mini Quiche Vegetarian	\$2.00 ea
Chicken Strip	\$2.00 ea

SNACKS

Yogurt Pouch -Strawberry/Vanilla	\$2.30
Cheese & Crackers 4pce	\$2.00
Fresh Fruit	\$1.00
Fruit Salad(Contains Various Seasonal Fruit)	\$3.80

DRINKS

Fruit Juice 250ml	\$2.05
Orange/Apple/Tropical/ Blackcurrant	
Juice Bomb	\$2.50
Watermelon/Raspberry/Grape/ Blackcurrant /	
Lemonade/Orange and Passion	\$2.00
Water 600ml	\$2.35
Plain Milk 225ml	\$2.80
Flavoured Milk 300ml	
Choc/Strawberry/Banana	



CAN YOU LEND A HAND?

*Our canteen is run on the help of volunteers - If you can spare
anytime to help it would be greatly appreciated. By lending a hand
it means our canteen can provide more healthy homemade food
No Experience required
CONTACT fcscanteen@mail.com or drop in.*

WEEKDAY SPECIALS

MONDAY

3 Dino Nugget and 6 Potato Gems (h)	\$4.70
Corn Cob	\$1.80
Sausage Roll	\$3.60
Hamburger and Salad(Lettuce/Tomato)	\$6.00
Add Cheese	\$0.60

TUESDAY

Toasted Turkish Roll with Chicken/Ham	\$7.00
Pizza Single	\$4.70
Ham & Cheese/Margarita/Hawaiian	
Steamed Vegetable Dumplings(5)	\$6.00

WEDNESDAY

Beef Party Pies (each, max of 3)	\$1.80
Sausage Roll	\$3.60
Chicken Chow Mein	\$7.00
Nacho Dipper (Bolognese)	\$5.50
Meatball Sub	\$6.80

THURSDAY

Hotdog & Tomato Sauce	\$4.70
Chicken Strip Wrap with Lettuce&Mayonnaise	\$6.00
Chicken Chow Mein	\$7.00
Nacho Dipper (Bolognese)	\$5.50

FRIDAY

Chicken Nuggets (h)	
3 Pack	\$2.80
4 pack	\$3.80
3 Fish Fingers & 6 Potato Gems	\$4.70
Meatball Sub	\$6.80
Taco Boat and Salad	\$7.00

