

PUNCHBOWL PUBLIC SCHOOL

Canteen Menu Term 1 2025

E - Everyday foods

O - Occasional foods

Breakfast



Cheese toastie half <i>E</i>	\$1.50	Yoghurt with fresh berries <i>E</i>	\$2.00
Tomato & cheese toastie <i>E</i>	\$4.00	Yoghurt with granola <i>E</i>	\$3.00
Cheese sub	\$2.00	Baked hash browns <i>O</i>	\$1.50
Toast (white or wholemeal) <i>E</i>	\$1.00	Cereal cup <i>E</i>	\$1.50
Hot Milo milk <i>E</i>	\$2.00	Fruit salad tub <i>E</i>	\$3.50
		Mini zatar <i>E</i>	\$3.00

Breakfast special Half cheese toastie **\$1.50**

CRUNCH & SIP AVAILABLE

Ask our friendly canteen staff about our daily-prepared, *fresh, fruit & veg tubs.*



Sandwiches made daily with fresh ingredients

White & wholemeal slice available. Swap any sandwich for a wrap or roll (extra \$1).

Cheese <i>E</i>	\$3.00	Egg <i>E</i>	\$3.50	Tuna <i>E</i>	\$5.00
Cheese & Tomato <i>E</i>	\$4.00	Egg Salad <i>E</i>	\$6.50	Tuna Salad <i>E</i>	\$6.00
Butter <i>E</i>	\$2.00	Egg Lettuce Mayo <i>E</i>	\$4.50	Chicken Lettuce Mayo <i>E</i>	\$6.00
Honey <i>E</i>	\$3.00	Curried Egg <i>E</i>	\$3.50	Chicken Salad <i>E</i>	\$6.00
Vegemite <i>E</i>	\$3.00	Salad <i>E</i>	\$6.00		

Hot food



Vegetarian Spring Rolls(3) <i>O</i>	\$3.00
Chicken Nuggets <i>O</i> (Minimum 4 Nuggets)	\$0.90
Chicken Fingers <i>E</i>	\$1.00
Pizza Sub <i>O</i>	\$3.00
Baked Potato Wedges Box with Sauce <i>O</i>	\$5.00
Hot Dog <i>O</i> (Beef or Chicken)	\$5.00
Beef Nachos <i>E</i>	\$6.00
Beef Pies <i>O</i>	\$5.00

Pasta

Pasta Napolitana <i>E</i>	\$5.00
Pesto Penne Pasta <i>E</i>	\$5.00
Macaroni & Cheese <i>E</i>	\$5.00
Freshly made Spaghetti Bolognese <i>E</i>	\$6.00

Pizza

Cheese Pizza <i>O</i>	\$6.00
Peri Peri Chick Pizza	\$6.00
Meat Pizza <i>O</i>	\$6.00
Zaatar Cheese Pizza <i>E</i>	\$6.00
BBQ Chicken Pizza	\$6.00

Noodles / Rice

Noodle Cup: Chicken or Ramen <i>O</i>	\$3.50
Hot and Spicy Wings <i>O</i>	\$2.00
Freshly made Honey Soy Chicken & Rice <i>E</i>	\$6.00
Freshly made Butter Chicken & Rice <i>E</i>	\$6.00
Homemade Fried Rice <i>E</i>	\$5.00

Burgers

Grilled Beef Burger <i>E</i>	\$7.00
Grilled Chicken Burger <i>E</i>	\$6.00
Grilled Cheeseburger <i>E</i>	\$7.00
Meatball Sub <i>E</i>	\$6.00

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Salad boxes made daily with fresh ingredients

Garden Salad lettuce, tomato, carrot, cucumber, beetroot <i>E</i>	\$7.00	Bean Salad mix salad, four bean mix, lentils, grated cheese, balsamic dressing <i>E</i>	\$9.00
Falafel Salad homemade falafel, mix salad, tomato, cucumber, carrot, with tahini dressing <i>E</i>	\$9.00	Tuna Salad tuna, tomato, cucumber, corn kernels, carrot, lettuce, grated cheese, balsamic vinegar <i>E</i>	\$9.00
Chicken Salad chicken breast, mesculan salad, tomato, carrot, cucumber, olives, roast capsicum <i>E</i>	\$9.00	Greek Salad lettuce, tomato, cucumber, feta, olives, balsamic vinegar <i>E</i>	\$9.00
Moroccan Salad couscous, beans, lentils, spices, red onion, tomato, cucumber, balsamic dressing <i>E</i>	\$9.00	Caesar Salad chicken breast, lettuce, shaved parmesan, caesar dressing <i>E</i>	\$9.00

Meal deals

Every day, freshly made meals for **\$8.00**

SPECIAL 1	Homemade Butter Chicken + Water Bottle <i>E</i>
SPECIAL 2	Vegetarian Fried Rice + Spring Roll + Water Bottle <i>E</i>
SPECIAL 4	Cheese toastie + Oak Milk <i>E</i>
SPECIAL 5	Spaghetti Bolognese + Water Bottle <i>E</i>
SPECIAL 6	Cheese Pizza + Water Bottle <i>E</i>
SPECIAL 7	Chicken Tender Wrap + Water Bottle <i>E</i>

Wraps made daily with fresh ingredients

Made with Lebanese bread

Chicken Tender Wrap <i>E</i>	\$7.00	Falafel & Salad with Tahini Sauce <i>E</i>	\$7.00
Fresh Chicken & Salad <i>E</i>	\$7.00	Fresh Chicken Lettuce Mayo <i>E</i>	\$7.00
Tuna Cheese Lettuce Mayo <i>E</i>	\$7.00	Peri Peri Chicken Tender <i>E</i>	\$7.00



At the counter

Fresh fruit <i>E</i>	\$1.50	Noodles <i>O</i>	\$2.00
Fresh fruit Salad <i>E</i>	\$3.50	Crunch Carrot Cup <i>E</i>	\$2.00
Fresh Watermelon tub <i>E</i>	\$3.00	Crunch & Sip Snack Tub <i>E</i>	\$2.00
Mini Muffin <i>O</i>	\$2.00	Homemade Rice Pudding <i>E</i>	\$3.00
Yoghurt with Fresh Berries <i>E</i>	\$2.00	Quelch Fruit Ice Block <i>O</i>	\$1.00
Custard Cup <i>O</i>	\$2.00	Frozen Fruit Juice Cup <i>E</i>	\$1.50
Plain Red Rock Deli Chips <i>O</i>	\$2.50	Pizza Sub <i>E</i>	\$3.00
Popcorn <i>O</i>	\$1.50	Vegetarian Spring Rolls <i>O</i>	\$1.00
		Lean Party Pie <i>O</i>	\$2.00

Drinks

Orchy 100% Juice Cup <i>E</i>	\$1.50
100% Orange / Apple Juice <i>E</i>	\$3.00
Juice Poptop <i>E</i>	\$3.00
School Flavoured Milk <i>E</i>	\$3.00
Flavoured Mineral Water <i>O</i>	\$3.00
Hot Cocoa <i>O</i>	\$2.00
Water <i>E</i>	\$2.50