

CANTEEN COMOCOOKIEOUT MENU - TERM 2, 2018

OPEN WEDNESDAY & FRIDAY



Recess Items

Savoury

Cheesie Bun.....	\$1.30
Plain Roasted Chicken Drumstick.....	\$1.20
Honey Soy Chicken Drumstick.....	\$1.20
Hash Brown.....	\$1

Sweet

Yoghurt & Berry Cup.....	\$1.50
Homemade Pikelets.....	50c
Piece of Fruit.....	\$1
Homemade Choc Brownie Muffin....	\$1.20
Homemade Apple Cinnamon Muffin	\$1.20

Pop-up Specials 50c-\$2

Drinks

Water, 600ml.....	\$1
Warm Milo.....	\$1.20
Sparkling Apple & Blackcurrant.....	\$1.20
Nudie Juice.....	\$2.50

We love making healthy homemade food, and need volunteer support to make this happen; a few hours a term makes a huge difference. To volunteer, click [here to go to signup.com](#), contact me on 0417 987 160 or email como.cookout@gmail.com
Thanks, Steph Sofield-
Canteen Manager



Lunch Items

Lunch Boxes

All boxes include:

- Your Choice of 'Main' (see below)
- Mini Muffin of the day
- Seasonal produce of the day
- Pikelet
- Popcorn
- Your choice of either a Warm Milo **OR** Sparkling Apple & Blackcurrant drink

Toastie Box \$5

-Half a Toasted Sandwich of your Choice
(Please specify your filling when ordering)

Sausage Roll Box \$5

-Snack sized Homemade Sausage Roll & Tomato Sauce

Crispy Chicken box is only available on Wednesdays

***NEW* Crispy Chicken Box**..... \$6.50

-Chicken pieces coated in panko crumbs.
Oven baked, served with tomato sauce.

Toasties

wholemeal (multigrain or white on request)

Cheese.....	\$3
Vegemite & Cheese.....	\$3
Ham & Cheese.....	\$3.60
Chicken & Cheese.....	\$4
+ Tomato OR Pineapple.....	50c

Sandwiches -Fresh

wholemeal (multigrain or white on request)

Vegemite.....	\$2.50
Salad*.....	\$3
Cheese & Salad*.....	\$3.60
Egg & Salad*.....	\$4
Ham & Salad*.....	\$4.30
Chicken & Salad*.....	\$4
Add Cheese or Mayo.....	50c
Change to a wrap.....	50c

*Salad = Lettuce, Cucumber, Tomato & Carrot

Canteen ComoCookout follows the Healthy Food & Drink Policy 'Traffic Light System.'
GREEN- Eat everyday
AMBER- Eat moderately
RED- Not on this menu

Hot Lunches

NEW Soup of the Day served with a bread roll (HM)	\$4.50
Butter Chicken served with Rice & Sliced Cucumber (HM).....	\$4
Bolognese Sauce served with pasta & parmesan Cheese (HM).....	\$4
Pesto Sauce & Pasta (HM).....	\$3.5
Sausage Roll 'Barbaros Beef' & Tomato Sauce (HM).....	\$4
Hot Dog- Barbaros Beef Sausage in a bun with Tomato Sauce.....	\$4
Mrs Macs Cruiser Pie & Tomato Sauce.....	\$5

NEW \$5 Sushi Bowl

(Made in-house)

Teriyaki Chicken, Tuna **OR** Vegetarian served with Sushi Rice, Cucumber, Seaweed flakes and Japanese Mayonnaise. All in a bowl, served cold.
Soy Sauce 20c

Sushi by Mikasa

Avocado, Teriyaki Chicken, Tuna, California, Salmon **OR** Vegetarian \$7

Drinks

Water, 600ml.....	\$1
Warm Milo	\$1.20
Sparkling Apple & Blackcurrant...	\$1.20
Nudie Juice.....	\$2.50

Treats- Available after 12.30

Fruit Icy Poles (HM).....	50c
Frozen Yoghurt Pops (HM).....	70c
Paddle Pops.....	\$2

Pop-up Specials 50c-\$2

Order at the canteen window 8.15-8.45 or online at www.quickcliq.com.au before 8.15am.

HM=Homemade

Thank you to Barbaros Butcher on Preston for supporting our canteen!
COMO PRIMARY SCHOOL - 9450 3112