

WOOLLOOWARE PUBLIC SCHOOL 2018 CANTEEN MENU

WPS Canteen is open for lunch Monday to Friday

Please write your child's name, class, lunch order items and prices clearly on a lunch order bag. Enclose correct money in bag. If you do not have a lunch bag you may purchase one at the Canteen for 20c each

SANDWICHES

All Sandwiches are served on wholemeal bread.

| | |
|-------------|--------|
| Vegemite | \$1.50 |
| Cheese | \$2.50 |
| Salad | \$3.00 |
| Ham | \$3.00 |
| BBQ Chicken | \$3.00 |
| Tuna | \$3.00 |

Add \$1.00 for salad
(tomato, lettuce, beetroot, carrot, cucumber)

Add 50c for cheese or mayo

Add \$1.00 for wrap or bread roll.

JAFFLES

| | |
|--------------------|--------|
| Baked Bean | \$3.00 |
| Cheese | \$2.80 |
| Cheese/Tomato | \$3.20 |
| Ham/Cheese | \$3.80 |
| BBQ Chicken/Cheese | \$3.80 |
| Ham/Cheese/Tomato | \$4.00 |

FRUIT & VEG

| | |
|-------------------------------|--------|
| Apple/Orange | \$1.00 |
| Vege Sticks (carrot/cucumber) | \$1.00 |
| Corn on the Cob (small) | \$1.00 |
| Frozen Berries & Yoghurt | \$1.50 |

HOT FOOD

| | |
|--|--------|
| Chicken tender strip | \$1.50 |
| Chicken Goujon (limit of 6) | \$0.50 |
| Mini Chicken Wrap | \$3.50 |
| Chicken Burger | \$4.50 |
| (Crumbed chicken, lettuce, mayo on roll) | |
| Lasagne | \$4.00 |
| Meat Pie | \$4.00 |
| Sausage Roll | \$3.00 |
| Pizza (H&P) | \$3.00 |
| Folded Pizza (H&C) | \$3.50 |
| Nachos | \$5.00 |
| Garlic Bread Roll | \$1.50 |
| Noodles (2 min) | \$0.50 |
| Steamed Rice | \$0.50 |
| Chicken & Salad Box | \$3.50 |
| (Chicken tender & salad in a takeaway box) | |
| Tomato Sauce | \$0.20 |

WEDNESDAY SUSHI (Wed. only)

| | |
|------------------|--------|
| Tuna | \$3.20 |
| Teriyaki Chicken | \$3.20 |
| Vegetable | \$3.20 |

DRINKS

| | |
|----------------------------------|--------|
| 100% Fruit Juice (A/ABC/OJ/Trop) | \$2.00 |
| Light Flavoured Milk (C/s) | \$2.00 |
| Water | \$1.00 |

SNACKS & TREATS

| | |
|-------------------------------|--------|
| Apple Slinky | \$1.00 |
| Vege Sticks (carrot/cucumber) | \$1.00 |
| Frozen Berries & Yoghurt | \$1.50 |
| Bread Sticks | \$0.10 |
| Popcorn | \$1.20 |
| Pretzels | \$1.20 |
| Plain Red Rock Chips | \$1.20 |
| Jatz with Cheese | \$0.70 |
| Anzac Biscuit | \$0.50 |
| Choc Chip Cookie | \$0.50 |
| Banana Bread | \$1.20 |
| WPS Choc Bom (limit of 5) | \$0.20 |

ICY TREATS

(Not to be ordered in a lunch order)

| | |
|-----------------------------|--------|
| Custard Cup | \$0.80 |
| Moosie | \$1.20 |
| Juicy | \$0.60 |
| Fruit Cup (Term 1 & 4 only) | \$0.60 |
| Lemonade Ice Block | \$1.00 |
| Quech | \$0.50 |

THE HEALTHY EATING STRATEGY

www.healthy-kids.com.au

Green = go for it. Amber = not too often.