## WPS Canteen Menu & Price List – January 2013
(Canteen is closed for lunch orders on Wednesdays)

### Sandwiches

<table>
<thead>
<tr>
<th></th>
<th>W/meal</th>
<th>Wrap Roll/Rye</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buttered Bread</td>
<td>1.40</td>
<td>1.70</td>
</tr>
<tr>
<td>Banana</td>
<td>2.00</td>
<td>2.30</td>
</tr>
<tr>
<td>Banana/Honey</td>
<td>2.20</td>
<td>2.50</td>
</tr>
<tr>
<td>Cheese</td>
<td>1.90</td>
<td>2.20</td>
</tr>
<tr>
<td>Chicken</td>
<td>3.30</td>
<td>3.60</td>
</tr>
<tr>
<td>Chicken/Avocado</td>
<td>4.30</td>
<td>4.60</td>
</tr>
<tr>
<td>Chicken/Salad</td>
<td>5.70</td>
<td>6.00</td>
</tr>
<tr>
<td>Ham</td>
<td>2.80</td>
<td>3.10</td>
</tr>
<tr>
<td>Ham/Cheese</td>
<td>3.30</td>
<td>3.60</td>
</tr>
<tr>
<td>Ham/Pineapple</td>
<td>3.20</td>
<td>3.50</td>
</tr>
<tr>
<td>Ham/Salad</td>
<td>5.20</td>
<td>5.50</td>
</tr>
<tr>
<td>Pink Salmon/Light Philly</td>
<td>3.70</td>
<td>4.00</td>
</tr>
<tr>
<td>Salad</td>
<td>3.80</td>
<td>4.10</td>
</tr>
<tr>
<td>Tomato</td>
<td>1.90</td>
<td>2.20</td>
</tr>
<tr>
<td>Tuna</td>
<td>3.40</td>
<td>3.70</td>
</tr>
<tr>
<td>Vegemite</td>
<td>1.60</td>
<td>1.90</td>
</tr>
</tbody>
</table>

### Salad Bowls

Comprises buttered bread, carrot, cheese, cucumber, lettuce, orange, tomato  

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4.20</td>
</tr>
</tbody>
</table>

### Salad Plates (refer to notes over leaf)

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham, No Meat with Avocado</td>
<td>6.20</td>
</tr>
<tr>
<td>Chicken, Pink Salmon, Tuna</td>
<td>6.70</td>
</tr>
</tbody>
</table>

### Wrapalicious (refer to notes over leaf)

A wrap consisting of a chicken tenderloin, salad, grated cheese and sweet chilli sauce.  

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5.70</td>
</tr>
</tbody>
</table>

### Extras

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet Chilli Sauce</td>
<td>0.10</td>
</tr>
<tr>
<td>Carrot</td>
<td>0.20</td>
</tr>
<tr>
<td>Cucumber, Mayo</td>
<td>0.30</td>
</tr>
<tr>
<td>Beetroot, Pineapple</td>
<td>0.40</td>
</tr>
<tr>
<td>Cheese, Lettuce, Tomato</td>
<td>0.50</td>
</tr>
<tr>
<td>Avocado</td>
<td>1.00</td>
</tr>
<tr>
<td>Salad</td>
<td>2.40</td>
</tr>
</tbody>
</table>

### Chicken Sub

Chicken tenderloins on a long white roll with lettuce, mayo and grated cheese.  

- Price: **4.20**

### Chicken Burger

A chicken burger on a white roll with lettuce, tomato, mayo and grated cheese.  

- Price: **4.70**

### Hot Food

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Nuggets</td>
<td>0.60</td>
</tr>
<tr>
<td>Corn Cob</td>
<td>1.00</td>
</tr>
<tr>
<td>Fried Rice</td>
<td>3.80</td>
</tr>
<tr>
<td>Lasagne</td>
<td>3.80</td>
</tr>
<tr>
<td>Spaghetti Bolognese</td>
<td>3.80</td>
</tr>
<tr>
<td>Macaroni Cheese</td>
<td>3.80</td>
</tr>
<tr>
<td>Puppy Dog (Half Hot Dog)</td>
<td>1.40</td>
</tr>
<tr>
<td>Hot Dog</td>
<td>2.80</td>
</tr>
<tr>
<td>Hot Dog with Cheese</td>
<td>3.20</td>
</tr>
<tr>
<td>Pizzas - Ham &amp; Pineapple, Margarita</td>
<td>3.00</td>
</tr>
<tr>
<td>Pastie - Vegetarian</td>
<td>4.00</td>
</tr>
<tr>
<td>Meat Pie</td>
<td>3.20</td>
</tr>
<tr>
<td>Party Pie</td>
<td>1.30</td>
</tr>
<tr>
<td>Sausage Rolls - Half</td>
<td>1.40</td>
</tr>
<tr>
<td>Sausage Rolls - Whole</td>
<td>2.80</td>
</tr>
<tr>
<td>Soup - Chicken Noodle, Tomato</td>
<td>1.00</td>
</tr>
</tbody>
</table>

### Hot Rolls/Toasted Sandwiches

<table>
<thead>
<tr>
<th></th>
<th>Hot</th>
<th>Toasted Roll</th>
</tr>
</thead>
<tbody>
<tr>
<td>S/wich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>2.40</td>
<td>2.00</td>
</tr>
<tr>
<td>Cheese/Tomato</td>
<td>2.90</td>
<td>2.50</td>
</tr>
<tr>
<td>Chicken</td>
<td>3.80</td>
<td>3.40</td>
</tr>
<tr>
<td>Chicken/Avocado</td>
<td>4.80</td>
<td>4.40</td>
</tr>
<tr>
<td>Chicken/Mayo</td>
<td>4.10</td>
<td>3.70</td>
</tr>
<tr>
<td>Chicken/Tomato/Cheese</td>
<td>4.80</td>
<td>4.40</td>
</tr>
<tr>
<td>Ham/Cheese</td>
<td>3.80</td>
<td>3.40</td>
</tr>
<tr>
<td>Ham/Pineapple/Cheese</td>
<td>4.20</td>
<td>3.80</td>
</tr>
<tr>
<td>Ham/Tomato/Cheese</td>
<td>4.30</td>
<td>3.90</td>
</tr>
<tr>
<td>Tuna/Tomato/Cheese</td>
<td>4.90</td>
<td>4.50</td>
</tr>
<tr>
<td>Baked Beans OR Spaghetti</td>
<td>N/A</td>
<td>3.00</td>
</tr>
</tbody>
</table>

### Fruit

- Fresh Fruit in Season: **1.00**
- Fresh Fruit Salad: **2.00**
- Frozen Orange Quarters: **0.15**
- Frozen Pineapple Rings - Half: **0.15**
- Frozen Pineapple Rings - Whole: **0.30**
- Apple Slinkies - Student’s apple: **0.20**
- Apple provided: **1.00**

### Drinks

- Bottled Water 350ml: **1.00**
- Plain Milk (Cup): **1.00**
- Milo (Cup): **1.00**
- Big M 250ml - Chocolate, Strawberry: **1.60**
- Just Juice 100% 200ml - Apple, Apple/Blackcurrant, Paradise Punch: **1.10**
- Orange Juice 100% 375ml: **1.70**

### Snacks

- Carrot Sticks: **0.50**
- Banana Chips: **0.05 / 0.10 / 0.20**
- Dried Apple Rings: **0.05 / 0.10 / 0.20**
- Bellis School Bars - Assorted flavours: **0.40**
- Breadsticks: **0.50**
- Popcorn - Butter, Salt & Vinegar: **1.20**
- Sakatas - BBQ: **1.20**
- Pretzels: **1.00**
- Chocolate Chip Cookie: **0.50**
- Gingerbread Boys & Girls: **1.20**
- Frozen Yoghurt - Strawberry: **1.50**
- Quelch Fruit Stick - Assorted flavours: **0.50**
- Moosies - Strawberry, Banana, Lime: **1.20**
- Gelati - ½ Chocolate ½ Lemon: **1.40**
- Lemonade Icy Twist: **1.00**
- Paddle Pop - Chocolate, Rainbow: **1.40**

### Paper Bags

- Price: **0.05**

## Notes
Sandwiches/Rolls are made on wholemeal unless white or rye is requested. Rolls/Rye/Wraps are 30c extra.

Hot Rolls are made on white rolls.

Salad sandwiches consist of carrot, cheese, cucumber, lettuce & tomato. Beetroot is 40c extra.

Salad Plates consist of a choice of avocado, chicken, ham, salmon or tuna, and buttered bread, beetroot, carrot, cheese, cucumber, lettuce, orange & tomato.

Wrapalicious consists of a chicken tenderloin, lettuce, tomato, cucumber, carrot, grated cheese and sweet chilli sauce in a wrap.

Fresh Fruit Salad consists of 5 or 6 seasonally available fresh fruits.

Lunch Orders are to be written on large paper bags with your child’s name & grade. 5c will be charged if a paper bag is to be provided. Change will be taped to the outside of the bag.

Where there’s insufficient money to cover the lunch order, a snack item will be deleted or an invoice issued for the shortfall.

Children who forget their lunch will be provided with a suitable lunch. An invoice will be issued.

To avoid spillage and mixing hot & cold food items, some items such as cups of soup and milo and frozen items will be held at the canteen. These items are underlined in blue on your child’s lunch order bag. Your child will need to return to the canteen at 1:00pm with their lunch order bag to collect these items.

For those children who have special dietary needs, some suitable items may be available. Parents should enquire at the canteen.

Rosemary Falzon
WPS Canteen Manager