



Warrenwood Primary School Canteen Menu - Effective 10th October Term 4 2016

Canteen is closed for lunch on a Wednesday - Please write child's name, class and order on bag and place money inside. Please include 10c if you do not have a bag and one will be provided. Please do not use any staples or sticky-tape - All frozen items, soups or milos can be collected from the canteen at lunch time. These items are underlined in blue on the lunch order bag. Please bring the bag with you to collect these items.

Sandwiches

made with wholemeal bread
(white bread & margarine on request)

- ◆ **Rolls**..... **add 50c**
- ◆ **Toasted**..... **add 30c**
- ◆ **Wraps**..... **add 50c**
- ◆ Lean Leg Ham..... \$3.60
- ◆ Roasted Chicken..... \$4.20
- ◆ Cheese (low fat)..... \$2.40
- ◆ Tuna..... \$3.60
- ◆ Vegemite..... \$2.00
- ◆ Salad (tomato, lettuce, cucumber, carrot & cheese... \$4.50
- ◆ **Salad items as extra -**
tomato, lettuce, cucumber, carrot, b/root & pineapple **per item**
- ◆ Avocado..... add \$1.00
- ◆ Cheese (low fat)..... add 60c
- ◆ Mayo, sweet chilli sauce.. add 20c

Sushi Sandwich Roll-Ups

Wholemeal bread with crusts removed, rolled with filling and then sliced into rounds (6 rounds per serve)

- ◆ Tuna and Mayo..... \$3.80
- ◆ Avocado and Cucumber..... \$3.80

Wraps

- ◆ **Wrapalicious**..... \$6.20
Chicken tenderloin with lettuce, tomato, cucumber, carrot, lite grated cheese and sweet chilli sauce
- ◆ **Chicken Caesar**..... \$6.50
Chicken, Cos lettuce, bacon, parmesan cheese and caesar dressing
- ◆ **Healthy Ham and Salad**..... \$5.80
Leg Ham, lettuce, tomato, carrot, beetroot and cucumber
- ◆ **Tuna**..... \$5.50
Tuna, lettuce, tomato and mayo

Everyday Foods

- ◆ GREEN
- ◆ AMBER **Select Carefully Foods**

Burgers

- ◆ **Healthy Beef Burger**..... \$4.80
Homemade beef pattle on a soft white roll with lettuce and tomato (relish optional)
- ◆ lite cheese..... add 60c
- ◆ beetroot..... add 50c
- ◆ **Cheeseburger**..... \$4.20
Homemade beef pattle on a soft white roll with lite cheese (relish or tomato sauce optional)
- ◆ **Chicken Burger**..... \$5.30
on a soft white roll with lettuce, tomato, lite grated cheese & mayo

Subs

- ◆ **Chicken Sub**..... \$4.80
Chicken tenderloins on a long white roll with lettuce, mayo and lite grated cheese
- ◆ **Fish Finger Sub**..... \$4.70
Fish Fingers on a long white roll with lettuce and mayo
- ◆ **Hot Cheese Sub**..... \$2.70
Long white roll filled with cheese, wrapped in foil then heated through until melted

Salad Packs

- ◆ **Chicken Caesar Salad**..... \$6.50
Chicken, Cos lettuce, bacon, croutons, parmesan cheese and caesar dressing
- ◆ **Ham/Chicken or Tuna**..... \$5.50
with lettuce, tomato, cucumber, grated carrot and beetroot
- ◆ **Crunch Pot Dippers**..... \$4.70
Hommus with carrot and cucumber sticks and pitta bread wedges

Homemade Hot Food

- ◆ **Whole Baked Potato**..... \$4.50
Choose any 3 toppings from Cheese / Coleslaw / Baked Beans / Bacon / Pineapple / Lite Sour Cream
- ◆ **Creamy Pumpkin soup**..... \$4.50
in a cup served with a wholemeal dinner roll (Terms 2 & 3 only)
- ◆ **Nachos**..... \$4.50
Corn Chips, cheese, salsa & lite sour cream
- ◆ **Homemade Zucchini Slice**..... \$5.00
Served warm with a small garden salad
- ◆ **Homemade Mini Quiche**..... \$1.50
Ham & Cheese
- ◆ **Corn on the Cob**..... \$1.00
- ◆ **Tomato Sauce Sachet**..... \$0.20

Hot Food

- ◆ Chicken Nuggets (each)..... \$0.80
- ◆ Hot Dog..... \$3.30
- ◆ Hot Dog w cheese..... \$3.80
- ◆ Meat Pie..... \$3.90
- ◆ Party Pie..... \$1.50
- ◆ Sausage Roll..... \$3.30
- ◆ Party Sausage Roll..... \$1.50
- ◆ Vegetable Pasty..... \$4.50
- ◆ Pizza - Hawaiian or Margarita..... \$3.50
- ◆ Fried Rice..... \$4.30
- ◆ Beef Lasagna..... \$4.30
- ◆ Macaroni Cheese..... \$4.30
- ◆ Soup - Chicken Noodle..... \$1.00
- ◆ Steamed Dim Sims (max 3)
(soy sauce on request)..... \$1.00
- ◆ 4 mini Dim Sims
(soy sauce on request)..... \$1.80

Snacks

- ◆ Fresh Fruit in Season..... \$1.00
- ◆ Fresh Fruit Salad tub..... \$2.00
- ◆ Apple Slinky - Student Apple..... \$0.20
- ◆ Apple Slinky - Apple provided..... \$1.00
- ◆ Carrot sticks..... \$0.50
- ◆ Popcorn - Butter or Salt/Vinegar \$1.20
- ◆ Pretzels..... \$1.20
- ◆ Red Rock Chips
- ◆ Honey Soy Chicken or Sea Salt... \$1.20
- ◆ Breadsticks..... \$0.50
- ◆ Banana Chips 10g..... \$0.10
- ◆ 20g..... \$0.20
- ◆ School Bar Apricot, Strawberry... \$0.50
- ◆ Choc Chip cookie..... \$0.50
- ◆ Gingerbread Kids..... \$1.20
- ◆ Gingerbread Babies..... \$0.10
- ◆ Homemade Mini Muffins - Cinnamon or Choc Chip..... \$0.60

Frozen Treats

- ◆ Frozen Fruit Cups..... \$0.80
- ◆ Frozen Orange quarters..... \$0.30
- ◆ Frozen Pineapple rings - Half..... \$0.20, Whole..... \$0.40
- ◆ Frozen Yoghurt - Strawberry or Mango..... \$1.20
- ◆ Quelch Fruit Sticks..... \$0.60
- ◆ Moosies - Strawb, Choc, Lime..... \$1.20
- ◆ Gelati - ½ Choc ½ Lemon..... \$1.50
- ◆ Lemonade Icy Twist..... \$1.20
- ◆ Paddle Pop - Choc or Rainbow..... \$1.50

Drinks

- ◆ Bottled Water 350ml..... \$1.00
- ◆ Plain Milk (cup)..... \$1.00
- ◆ Millo (hot or cold) cup..... \$1.20
- ◆ BIG M Choc or Strawberry..... \$1.90
- ◆ Just Juice - Apple, Paradise Punch or Apple/Blackcurrant..... \$1.20
- ◆ Berri Orange Juice 250ml..... \$2.00
- ◆ Quench Spring Water - Orange, Apple/Raspberry or Cola..... \$1.60