

## "Bring it on Breakfast"

- Seasonal Fruit From 60c
  - Yoghurt, plain / muesli 60c
  - Toast, fruit, plain or with vegemite 60c
  - Juice cups (apple & apple/blackcurrant) 60c
  - Milo, warm or cold 60c
- (No Milo or toast on Fridays)

## "Recess Refreshers"

Our recess menu includes 'healthy snacks' and drinks which change daily. Please see the Canteen Blackboard for daily specials

## "Thirst Quenchers"

- Water 600ml \$1.00
- Juice box 250ml \$1.80  
(apple, orange, apple/blackcurrant)
- Flavoured Light Milk 300ml \$2.50  
(chocolate, strawberry)
- Pop Top 100% Juice 250ml \$2.00  
(apple, orange, apple/blackcurrant)



Made fresh in our Canteen  
(g/f) Gluten free- Please indicate clearly if gluten free is a dietary requirement.

### Under the "Healthy Kids Strategy" items marked



are an everyday food



are an occasional food

## "Scrumptious Sandwiches"



- \* Wholemeal, Multigrain or White Bread
- \*Gluten free bread/buns available at extra cost
- Vegemite/Jam/Honey \$1.80
- Cheese \$2.00
- Egg \$2.50
- Salad \$5.00
- Ham or Chicken or Tuna \$4.00
- Ham or Chicken or Tuna Salad \$6.00
- \*additional fillings .80 each
- Lettuce, tomato, cucumber, carrot, beetroot, pineapple, egg, cheese
- \* Sauces / Mayonnaise on sandwiches etc 60c each
- Wrap add 90c
- Roll add 90c

## "House Specials"

- Burger - Chicken with lettuce, cheese & mayo \$5.00
- Burger - Fish piece with lettuce, cheese and mayo \$5.00
- Chicken Ceasar Wrap or Salad Box \$6.50  
Chicken, lettuce, egg, diced ham, parmesan cheese & dressing
- Salad Box (g/f) \$5.00  
(lettuce, tomato, cucumber, beetroot, egg, carrot) **(with Ham, Chicken or Tuna add \$2.00)**
- Beef nachos tray (g/f) \$4.50  
with toasted tortilla, cheese & guacomole
- ☐ Chicken finger & salad wrap \$7.00  
(Gluten Free option available \$8.00)

## "Tummy Warmers"

- Pizza - Ham, cheese, Pineapple \$4.50
- Ham, cheese, tomato \$4.50
- Ham, cheese \$4.00
- Pasta Bolognaise \$4.00
- Chicken Carbonara \$5.00
- Lasagne (g/f available \$6.00) \$5.00
- ☐ Chicken Nuggets (max 6 per order) 80c ea
- ☐ Gluten Free Chicken Nuggets (Max 6 per order) 90c ea
- ☐ Pie (low fat) \$3.60
- ☐ Sausage Roll (low fat) \$2.70
- ☐ Party Pies (low fat) \$2.70
- ☐ Garlic Bread \$1.00
- Sauce Sachet - tomato or bbq 60c ea
- Add a side salad \$3.00

## "Chill Out Zone" (Available 2nd 1/2 lunch only)

- Mini Juice cups (apple & apple/b-currant) .30c
- Brown or Pink Cows (s/berry & chocolate frozen milk) .30c
- Berri Quelch Tubes (99% juice) .60c
- ☐ Snap Stick \$ 1.00
- ☐ Ice Monies \$ 1.00
- ☐ Paddle pops \$ 2.00

**\* Please do no include frozen items with lunch orders**

**LUNCH ORDERS TO BE TAKEN TO THE CANTEEN BY 9:00am**

**ONLINE ORDERS CUT OFF BY 8:30am**

Pre-printed lunch bags 10c each or 12 for \$1.00  
(Gluten Free colour coded bags also available)

## **IMPORTANT INFORMATION**

### **ONLINE LUNCH ORDER CUTOFF IS 8:30am**

Please hand your over the counter lunch order or reusable bags into the canteen by 9:00 am.

(for lunch orders handed in after this time we may only be able to provide a sandwich)

We are a member of the 'Healthy Kids Association' and we are committed to providing a healthy canteen menu. For further information please contact us.

If your child/children have any specific dietary requirements, please contact me to discuss menu options.

### **Volunteers Needed**

To continue providing snacks and lunches to our school community we need volunteers. Please contact us if you can help, it can be a few hours or a day, weekly, fortnightly or monthly. No experience necessary. Your time will be greatly appreciated.

Sharon Grant  
Canteen Coordinator.



**WIRREANDA PUBLIC SCHOOL**

### **CANTEEN MENU**

**effective from 3.5.2021**