

## "Bring it on Breakfast"


- Seasonal Fruit From 80c
  - Yoghurt, plain / muesli 80c
  - Toast, fruit, plain or with vegemite 80c
  - Juice cups (apple & apple/blackcurrant) 80c
  - Milo, warm or cold \$1.00
- (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 \$1.50
- Flavoured Light Milk 300ml \$3.00  
(chocolate, strawberry)
- Pop Top 100% Juice 250ml \$2.50  
(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

**ONLINE ORDERS CUT OFF BY 8:30am**  
**OVER THE COUNTER LUNCH ORDERS TO BE**  
**TAKEN TO THE CANTEEN BY 9:00am**

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







## "Scrumptious Sandwiches"

- \* Wholemeal, Multigrain or White Bread
- \*Gluten free bread/buns available at extra cost
- Vegemite/Jam/Honey \$2.00
- Cheese \$2.50
- Egg \$3.00
- Salad \$6.50
- Ham or Chicken or Tuna \$4.50
- Ham or Chicken or Tuna Salad \$7.80
- \*additional fillings \$0.90  
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 \$6.50
- Burger - Fish piece with lettuce, cheese and mayo \$6.50
- Chicken Ceasar Wrap or Salad Box \$8.00  
Chicken, lettuce, egg, diced ham, parmesan cheese & dressing
- Salad Box (g/f) \$6.50  
(lettuce, tomato, cucumber, beetroot, egg, carrot) **(with Ham, Chicken or Tuna add \$2.00)**
- Beef nachos tray (g/f) \$5.50  
with corn chips & cheese
- ☐ Chicken finger & salad wrap \$8.50  
(Gluten Free option available \$8.50)

## "Tummy Warmers"

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

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

- Frozen Mini cups (juice or flavoured milk)  .30c
- Berri Quelch Tubes (99% juice) .60c
- ☐ Snap Stick \$1.00
- ☐ Ice Monies \$1.00
- ☐ Paddle pops \$2.50
- ☐ Juice Tubes \$2.00

**\* Please do not include frozen items with lunch orders**

## **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.

Rebecca Bowden  
Canteen Coordinator.



**WIRREANDA PUBLIC SCHOOL**

**CANTEEN MENU**

**effective from 1.5.2023**