

"Bring it on Breakfast"

- Seasonal Fruit From 50c
 - Yoghurt, plain / muesli 50c
 - Toast, fruit, plain or with vegemite 50c
 - Juice cups (apple & apple/blackcurrant) 50c
 - Milo, warm or cold 50c
- (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 \$1.50
(apple, orange, apple/blackcurrant)
- Flavoured Light Milk 300ml \$2.00
(chocolate, strawberry)
- Pop Top 100% Juice 250ml \$1.60
(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 \$1.60
- Cheese \$1.80
- Egg \$2.00
- Salad \$3.80
- Ham or Chicken or Tuna \$3.80
- Ham or Chicken or Tuna Salad \$4.80
- * additional fillings 60c each
Lettuce, tomato, cucumber, carrot, beetroot, pineapple, egg, cheese
- * Sauces / Mayonnaise 50c each
- Wrap add 90c
- Roll add 60c
- NB: Sandwiches will be made on wholemeal bread unless specified

"House Specials"

- Burger - Beef or Chicken with lettuce, tomato, cheese & mayo \$4.00
- Chicken Caesar Wrap or Salad Box \$5.00
Chicken, lettuce, egg, diced ham, parmesan cheese & dressing
- Salad Box (g/f) \$4.00
(Lettuce, tomato, cucumber, beetroot, egg, carrot)
(with Ham or Chicken or Tuna add \$1.50)
- Nachos Tray (g/f) with toasted tortilla \$4.00
Chicken or Beef with cheese & guacomole
- Burrito (Chicken or Beef) \$4.50
lettuce, tomato, cheese, guacomole
- ☐ Chicken or Chicken Chilli Tender wrap \$5.50
(Gluten Free option available \$6.00)

"Tummy Warmers"

- Pizza - Ham, cheese, Pineapple \$3.50
- Tomato / Cheese \$3.50
- Pasta Bolognaise \$3.50
- Fried Rice (g/f) \$3.80
- Lasagne (g/f available \$5.50) \$3.80
- ☐ Chicken Nuggets (max 6 per order) 80c ea
- ☐ Gluten Free Chicken Nuggets (Max 6 per order) 90c ea
- ☐ Pie (low fat) \$2.80
- ☐ Sausage Roll (low fat) \$2.30
- ☐ Party Pies (low fat) \$2.20
- ☐ Garlic Bread \$1.00
Sauce - tomato or bbq 60c ea
- Add a side salad \$2.50

"Chill Out Zone"

(Available 2nd 1/2 lunch only)

- Mini & Midi Juice cups (apple & apple/b-currant) 20c-50c
- Brown or Pink Cows (s/berry & chocolate frozen milk) 20c
- Berri Quelch Tubes (99% juice) 50c
- ☐ Weiss Bars \$ 1.60
- ☐ Ice Monies 60c
- ☐ Paddle pops \$ 1.80

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

LUNCH ORDERS TO BE TAKEN TO THE CANTEEN BY 9:20am

Pre-printed lunch bags

10c each or 12 for \$1.00

(Gluten Free colour coded bags also available)

IMPORTANT INFORMATION

Please hand your lunch order into the canteen by
9:20 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