



# CANTEEN MENU – TERM 4 2017

RECESS ONLY	PRICE
Garlic Bread	\$0.50
Plain or Pizza Cheesie Triangle	\$0.50
Pikelet	\$0.50
Chicken Breast Nuggets (bag of 3)	\$1.00
Hot or cold Milo	\$1.00
Sweet baked items	from \$0.50

OTHER ITEMS	PRICE
Apple (whole or slinky)	\$0.50
Air-popped popcorn	\$0.50
Fruit strap (100% fruit) - GF	\$1.00
Rice Stix ☺	\$1.00
Vege Crisps - GF ☺	\$1.20
Fruit juice box – no added sugar ☺ (Apple, Orange, Apple & B/currant or Tropical)	\$1.40
Flavoured milk (Choc, Strawberry or Banana)	\$2.00

LUNCH-TIME ONLY	PRICE
Juicy pole (100% fruit juice)	\$0.50
Yogi pole (100% yoghurt)	\$0.50
Quelch fruit ice tube ☺	\$0.60
Calippo mini ☺	\$0.80
Icy Twist ☺	\$1.00
School buckets: Low-fat ice cream ☺ (GF) or frozen yoghurt	\$1.10
Slushy - 99% fruit based ☺	\$2.00

- Under the WA Healthy Food and Drinks Policy,  
all items on the menu are coded 'Green' (everyday foods)  
unless marked ☺ 'Amber' (sometimes foods). GF =Gluten-free

SUSHI, SALADS & SANDWICHES ✓	PRICE
*Add a roll or wrap +30c *	
*Add cheese, egg, beetroot, avocado or salad +50c *	
Vegemite	\$2.70
Salad only (lettuce, tomato, carrot & cucumber)	\$3.00
Ham ☺, Cheese or Egg (Plain or Curried)	\$3.00
Chicken or Tuna	\$3.50
Salad Boxes (GF):	
Ham, Cheese or Egg	\$4.00
Chicken or Tuna	\$4.50

Sushi 6 pack (Chicken, Tuna, Vegetarian or California)	\$5.10
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HOT LUNCH OPTIONS	PRICE
Chicken Fried Rice (GF)	\$4.00
Pizza: Ham & Cheese, Veg. (V) or Cheese (V)	\$4.00
Pizza: Hawaiian	\$4.30
Hot Ham & Cheese Roll	\$4.00
Hot Chicken & Mayo Roll	\$4.10
* Add cheese +30c	
Hot Chicken & Cheese Roll	\$4.30

TOASTED SANDWICHES ✓	PRICE
*Add a wrap +30c *	
Cheese (V)	\$3.40
Ham and Cheese / Tomato and Cheese (V)	\$3.70
Ham, Cheese and Tomato, Ham, Cheese and Pineapple OR Chicken, Cheese and Mayo	\$3.90
Chicken, Cheese and Pineapple	\$4.10
Chicken, Cheese and Avocado	\$4.30
Baked Beans or Spaghetti Jaffle (V)	\$3.40
Add cheese +50c	

MONDAY	PRICE
Sausage Roll ☺ GF option available (Tomato sauce 40c)	\$3.40
'Hungry Hunter' Meal Deal – Sandwich (untoasted) + Juice box + Apple (Choose from Ham & Salad, Cheese & Salad, Ham & Cheese OR Vegemite & Cheese)	\$4.50

WEDNESDAY	PRICE
Crumbed Chicken Wrap with lettuce ☺ (mayo optional) * Add cheese +50c	\$4.00

FRIDAY	PRICE
Sausage Roll ☺ GF option available (Tomato sauce 40c)	\$3.40
Beef Pie ☺ (GF option available)	\$3.60
Lasagne (Beef)	\$4.50

✓ All sandwiches made from white and wholemeal breads  
unless requested. Multigrain or GF bread available on request.

## CANTEEN OPEN: MONDAY WEDNESDAY FRIDAY

Orders can be made **online** by going to  
[ouronlinecanteen.com.au](http://ouronlinecanteen.com.au) and registering **OR** write Name, Room  
and Order on a **lunch bag** with correct money inside  
and place in 'Order' tub outside the canteen by 9.15am.  
Lunch bags available for 10c each or 10 bags for 70c.

### ★ Our canteen relies on the support of volunteers ★

To help out please add your name to the roster  
outside the canteen, see our **Canteen Manager Yvette** at the  
canteen or e-mail [woodlandscanteen@gmail.com](mailto:woodlandscanteen@gmail.com)  
Canteen tasks are simple & your kids will love to see you there!