

WOODLANDS CANTEEN – WINTER 2018 MENU

RECESS ONLY	PRICE
Garlic Bread ☺	\$0.50
Plain or Pizza Cheesie Triangle	\$0.50
Chicken Dino Snacks (bag of 3) ☺	\$1.00
Potato Wedges (not available for pre-order)	\$1.00
Cakes or Slices	from \$0.50
Hot or cold Milo	\$1.00

OTHER ITEMS	PRICE
Apple (whole or slinky) or Air-popped popcorn	\$0.50
Pikelet ☺	\$0.70
Fruit strap (100% fruit) - GF	\$1.00
Rice Stix ☺	\$1.00
Vege Chips - GF ☺	\$1.20
Fruit juice box – no added sugar ☺ (Apple, Orange, Apple & Blackcurrant or Tropical)	\$1.50
'Chill J' 100% Sparkling Fruit Juice ☺ – no added sugar (Watermelon, Raspberry or Grape)	\$1.70
Flavoured milk (Choc, Strawberry, Banana)	\$2.10

LUNCH-TIME ONLY	PRICE
Icy poles (100% fruit juice or 100% yoghurt)	\$0.50
Quelch fruit ice tubes ☺	\$0.70
Juicies ☺	\$1.20
Moosies ☺	\$1.20
Paddlepops ☺	\$1.60
Slushy - 99% fruit juice ☺	\$2.00

SANDWICHES ✓	PRICE
Vegemite	\$2.80
Salad only (lettuce, tomato, carrot & cucumber)	\$3.10
Ham ☺, Cheese or Egg (Plain or Curried)	\$3.10
Chicken or Tuna	\$3.60
<i>*Add a roll (+30c) or wrap (+50c) to above</i>	
<i>*Add cheese, beetroot, avocado or salad to above (+50c)</i>	

EVERYDAY MEAL DEAL	PRICE
'Hungry Hunter': 1) Sandwich + 2) Juicebox + 3) Popcorn or Apple (Choose a Ham, Cheese or Vegemite Sandwich)	\$4.50

SALAD BOXES (GF):	PRICE
<i>* Add cheese, beetroot or avocado (+50c)</i>	
Ham, Cheese or Egg	\$4.50
Chicken or Tuna	\$5.00

TOASTED SANDWICHES ✓	PRICE
<i>*Add a wrap (+50c)</i>	
Cheese (V)	\$3.50
Ham and Cheese or Tomato and Cheese (V)	\$3.80
Ham, Cheese and Pineapple/Tomato	\$4.00
Chicken, Cheese and Mayo	\$4.00
Chicken, Cheese and Pineapple	\$4.20
Chicken, Cheese and Avocado	\$4.40
Baked Beans or Spaghetti Jaffle (V)	\$3.50
<i>* Add cheese (+50c)</i>	

SUSHI	PRICE
Sushi 6 pack (Chicken, Tuna, Vegetarian or California)	\$5.20

HOT LUNCH OPTIONS	PRICE
Pizza: Ham & Cheese, Veg. (V) or Cheese (V)	\$4.10
Pizza: Hawaiian	\$4.40
Chicken Fried Rice	\$4.20
Hot Ham & Cheese Roll	\$4.10
Hot Chicken & Mayo Roll <i>*add cheese (+30c)</i>	\$4.20

MONDAY SPECIAL	PRICE
Sausage Roll ☺ GF option available (Tomato sauce 40c)	\$3.40

WEDNESDAY SPECIAL	PRICE
Nachos (V) ☺ (sour cream optional)	\$4.50

FRIDAY SPECIALS	PRICE
Sausage Roll ☺ GF option available (Tomato sauce 40c)	\$3.40
Beef Pie ☺	\$3.60
Pasta Bolognese	\$4.20
NEW! Chicken Tenders Box ☺ (2 crumbed chicken tenders, wedges + corn cob)	\$5.00

CANTEEN OPEN: MONDAY WEDNESDAY FRIDAY

Order online (preferred option) at quickcliq.com.au 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 put your name on the roster outside the canteen, see our Canteen Manager Yvette or email woodlandscanteen@gmail.com
Canteen tasks are kept simple and your kids will love to see you there!

- Under the WA Healthy Food and Drinks Policy, all items on the menu are coded 'Green' (everyday foods) unless marked ☺ 'Amber' (sometimes foods).
✓ All sandwiches made from white and wholemeal breads unless requested. Multigrain or GF bread available on request.