

## DRINKS

300ml Choc Chill	\$2.00
300ml Banana Chill	\$2.00
300ml Strawberry Chill	\$2.00
300ml Choc Mint Chill	\$2.00
600ml Spring Water	\$1.50
200ml Apple & B/current Juice Box 100%	\$1.70
200ml Apple Juice Box 100%	\$1.70
300ml Orange C	\$2.00
350ml Focus Flavoured Water	\$2.00
200ml LOL	\$2.00
Hot or Cold Milo**	\$1.50

## RECESS

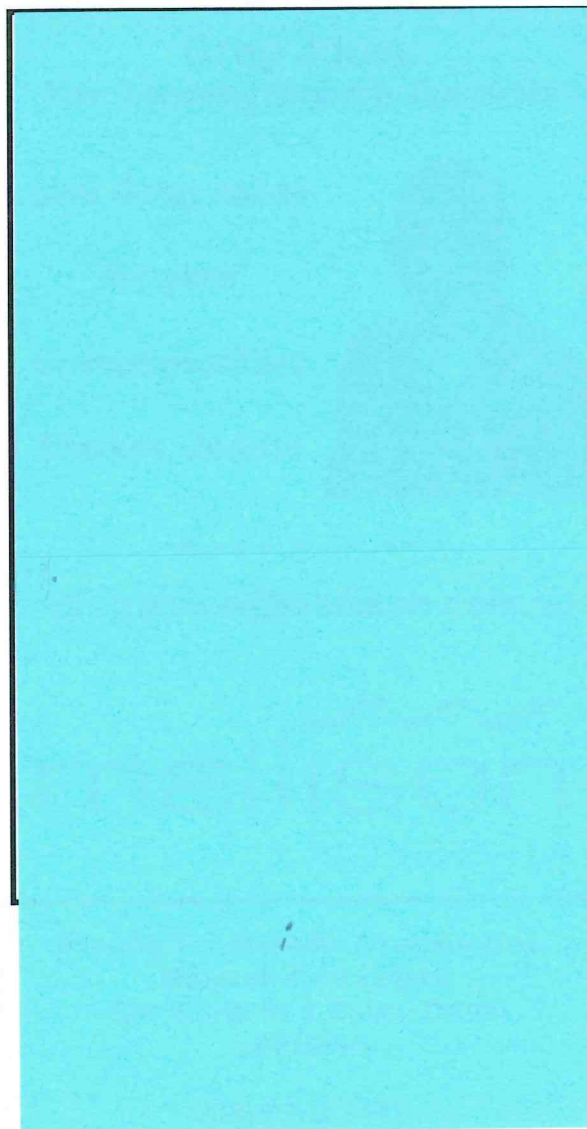
Always new & exciting healthy items available

Mini Pizza	\$1.00
Cheesy	\$1.00
Cheesy Beans	\$1.00
Chicken Goujons	.40c
Yummy Drummy	\$1.00
Garlic Toast	\$1.00
Potato Gems	.10c
Yogo	\$1.80
Yoghurts	\$1.80

After lunch an assortment of Amber Ice Creams are available. Prices range from, 50c to \$2.00

## THANK YOU TO ALL OUR VOLUNTEERS!

The Canteen is always in need of volunteers. Can you help this term?  
Please call Sarah Harkins 0409 986 525



## THE RIGHT (LIGHT) BITE

2016/2017



The canteen is open every,  
Monday, Wednesday & Friday

Lunch orders must be placed at the  
canteen before school.

Clearly mark name and area  
number on bags

Lunch Bags: 1 for 5c  
10 for 50c  
25 for \$1.00



## DAILY SELECTIONS

Nacho Dippers	\$4.50
*NEW Honey Soy Chicken & Rice	\$4.50
Mac & Cheese	\$4.00
*NEW Beef Stir Fry Noodles	\$4.50
*NEW Quiche Lorraine	\$4.00
Pasta Twirls	\$4.00
Lasagna	\$4.00
Fried Rice- Gluten Free	\$4.00
<i>Green Salad Tub</i>	\$3.00
Lettuce, tomato & carrot.	
Add ham, egg or cheese for an extra	.50c
Add chicken or tuna for an extra	\$1.00
<i>Chicken Caesar Salad</i>	\$4.40
Salad Greens with roast chicken, egg and cheese.	
A separate Caesar dressing on the side.	

## SANDWICHES

Made on whole meal unless white is requested.  
Rolls & Wraps are available for an extra 80c

Salad items must be included in all burgers and wraps to comply with the WA Canteen Healthy Eating Policy

Chicken & Salad	\$3.50
Ham & Salad	\$3.50
Tuna & Salad	\$3.50
Egg Salad	\$3.00
Just Salad	\$2.50
Cheese Salad	\$3.00
Vegemite	\$2.00

## TOASTIES

Toasted Cheese	\$2.70
Toasted Chicken & Cheese	\$3.50
Toasted Ham & Cheese	\$3.20
Toasted Vegemite & Cheese	\$2.70
Toasted Ham, Cheese & Pineapple	\$3.50
Toasted Chicken, Cheese & Pineapple	\$3.70

## EXTRAS

Corn on the cob	\$1.20
Tomato Sauce	.40c
Any one salad item	.50c

## MONDAY SELECTIONS

*NEW Cheese Spinach Quiche	\$4.00
Add Salad	\$5.50
<i>Chicken Breast Nuggets (5)</i>	\$4.00
In a light tasty bread crumb, served with a juicy corn cob	
<i>Chicken Sear</i>	\$4.00
Delicious grilled chicken fillet on a roll with lettuce, tomato & carrot.	

## WEDNESDAY SELECTIONS

<i>Large Sweet Summer Chicken Wrap</i>	\$4.00
Coated crispy chicken fillets with lettuce, tomato and carrot. Cloaked in a soft wrap and drizzled with sweet chilli sauce	
<i>Crispy Crumbed Chicken</i>	\$4.00
Tenderloin wrap with lettuce, tomato, carrot and mayonnaise	
Mrs Mac Cruizer Meat Pie	\$3.50
Mrs Mac Party Pies (x2)	\$2.80
Mrs Mac Sausage Roll	\$2.50



## FRIDAY SELECTIONS

<i>Hamburger</i>	\$4.00
Tasty beef patty on a soft roll with lettuce, tomato, carrot, BBQ sauce and tomato sauce	
Hot Dog & Sauce	\$3.00
<i>Pizza</i>	
Ham & Pineapple	\$2.90
Cheese & Bacon	\$3.00
<i>Sushi- Chicken Teriyaki (GF)</i>	\$4.60
Other Sushi options are available if ordered on Wednesday for Friday: Tuna, California Rolls, Smoked Salmon, Vegetable or Combo. All 5 pieces.	