

WHOLESOME FOOD FOR PRIMARY KIDS (WFPK) CANTEEN MENU 2018

COLD LUNCHESES (Everyday / Green Options)

SANDWICHES WHOLEMEAL (WHOLEMEAL ROLLS / WRAP 50 CENTS EXTRA)

SALAD (Cheese, Lettuce, Tomato & Carrot) *	\$ 4.50	ROAST CHICKEN (Skinless) *	\$ 4.50
CHEESE *	\$ 3.00	ROAST CHICKEN & LETTUCE *	\$ 4.60
CHEESE & TOMATO *	\$ 3.30	ROAST CHICKEN & SALAD *	\$ 5.50
HAM	\$ 3.20	TUNA & CUCUMBER *	\$ 4.20
HAM & CHEESE	\$ 3.30	EGG & CUCUMBER *	\$ 4.50
HAM, CHEESE & TOMATO	\$ 3.80	EGG & CHEESE *	\$ 4.70
HAM & SALAD	\$ 5.00	EGG & SALAD *	\$ 5.00
<u>SALAD *</u>		<u>FRUITS *</u>	
CHICKEN OR TUNA SALAD BOX (with cheese) *	\$ 5.20	APPLE SLINKY	\$ 1.60
SALAD IN A TUB (with cheese) small *	\$ 4.20	ORANGE 1/4 (2PCS) / PINEAPPLE RING (Frozen)	\$ 0.80
CARROT STICKS	\$ 1.00	WATERMELON-POP (Frozen)	\$ 0.80

HOT LUNCHESES (Everyday / Green Options)

TOASTIE

CHEESE *	\$ 3.00	HAM, CHEESE & TOMATO	\$ 3.90
CHEESE & TOMATO *	\$ 3.40	TUNA & CHEESE *	\$ 4.40
HAM & CHEESE	\$ 3.40	ROAST CHICKEN & CHEESE *	\$ 4.50
HAM & TOMATO	\$ 3.70	SPAGHETTI / BAKED BEANS *	\$ 3.00

WFPK MEALS (Homemade)

FRIED RICE (BACON / VEGETARIAN *)	\$ 4.70	SPAGHETTI BOLOGNESE*	\$ 4.70
CHICKEN NOODLE BOX *	\$ 4.70	MACARONI CHEESE (with bacon)	\$ 4.70
CHICKEN RICE *	\$ 4.70	MEATBALL PASTA	\$ 4.70
CHINESE BBQ PORK ON RICE	\$ 4.70	BEEF LASAGNE* /VEGIE LASAGNE*	\$ 4.70
JAPANESE CHICKEN CURRY ON RICE*	\$ 4.70	TUNA PASTA *	\$ 4.70

SNACKS*

CORN ON COB * (with butter)	\$ 1.00	HOMEMADE CHOC CHIP MUFFIN*	\$ 1.80
HARD BOILED EGG *	\$ 1.00	HOMEMADE WHOLEMEAL WAFFLE*	\$ 1.80
CORN IN A CUP * (with butter)	\$ 3.20	HOMEMADE DATE SLICE / ANZAC BISCUIT*	\$ 1.00

HOT FOOD (Select Carefully / Amber Options)

MRS MACS PARTY PIE	\$ 1.70	MRS MACS HALAL SAUSAGE ROLL *	\$ 4.00
MRS MACS SAUSAGE ROLL	\$ 3.70	MRS MACS HALAL BEEF PIE *	\$ 4.40
MRS MACS BEEF PIE	\$ 4.20	VEGIE SPRINGROLL (3PCS) *	\$ 1.80
HOT DOG	\$ 4.00	MARGARITA PIZZA *	\$ 3.80
HOT DOG WITH CHEESE	\$ 4.20	HASH BROWN *	\$ 1.50
PIZZA HAWAIIAN	\$ 3.70	SOUP OF THE DAY WITH GARLIC BREAD *	\$ 3.80
SWEET CHILLI TENDERLOINS (2PCS) *	\$ 4.00	FISHBALL STEAMED (2PCS) *	\$ 1.00
BOWL NOODLE (Beef, Chicken, Vegie *)	\$ 3.80	CHICKEN NUGGETS / FISH FINGERS (3PCS) *	\$ 2.00
QUESADILLA (Chicken) *	\$ 4.80	SWEET CHILLI CHICKEN WRAP (Lettuce & Mayo) *	\$ 4.50
DIM SIM (Steamed)	\$ 1.00	TOMATO SAUCE SQUEEZE ON	\$ 0.50

DRINKS / COLD TREATS

CHOCOLATE/STRAWBERRY FLAVOURED MILK	\$ 2.80	SLUSH PUPPIE (99% Apple base)	\$ 2.50
JUST JUICE BOX (Assorted flavours 99% juice)	\$ 2.00	CALLIPO MINI	\$ 1.50
QUENCH DRINK	\$ 2.20	PADDLEPOP (CHOC / RAINBOW/BUBBLE GUM)	\$ 2.20
HOT CHOCOLATE	\$ 1.80	ICY TWIST	\$ 1.80
SPIDER DRINK	\$ 2.20	FROZEN YOGHURT LOW FAT	\$ 1.80
ICE CREAM ON CONE	\$ 1.00	PADDLE POP SHAKY SHAKE CHOCOLATE	\$ 2.80

*** Halal Food Options**

The canteen manager reserves the right to replace or substitute items should they not be available on the day.

How to place a Lunch Order : Place correct money in a clean brown lunch bag. Write child's name, Grade, items for lunch and the total amount of order. Lunch Order Bag is an extra 20 Cents. Lastly, kindly secure bag. Thank you.

(Please do not use staples or sticky tape. Fold the bag and secure it with a rubber band.)