



# WEST LAKES SHORE SCHOOL

## CANTEEN

### *Winter Menu*

*(Term 2 2018 & Term 3 2018)*

### RECESS

**These items are not to be ordered on lunch bags. Recess only**

Chicken Burgers .....	\$1.50	Mamee Noodles .....	\$1.20
Cookies .....	\$1.00	☺ Muffins (various fillings) .....	\$1.00
Fruit Salad .....	\$2.50	Pretzels .....	\$1.20
Garlic Bread .....	\$0.60	Red Rock Deli Chips .....	\$1.20
JJ's .....	\$1.20	☺ Hokkein Noodles (Thursday)	\$1.50
Jumpy's .....	\$1.20	Wedges (sour cream/chilli sauce 10c)	\$2.00

**Fruit Salad and Yoghurt are available to order on lunch orders.**

### COLD FOODS

**Sandwiches are fresh wholemeal and Rolls and Focaccias are white (unseeded)**

<b>SANDWICHES</b>		<b>Roll</b>	<b>Focaccia</b>	<b>EXTRAS</b>	
Cheese .....	\$2.20	\$2.50	\$3.30	Carrot .....	\$0.50
Chicken .....	\$3.00	\$3.50	\$4.00	Cheese .....	\$0.50
Curried Egg/Egg .....	\$2.20	\$2.50	\$3.30	Cucumber .....	\$0.50
Ham .....	\$3.00	\$3.50	\$4.00	Curried Egg/Egg .....	\$0.50
Salad .....	\$3.20	\$3.50	\$4.00	Lettuce .....	\$0.50
Tomato .....	\$2.20	\$2.50	\$3.30	Mayonnaise .....	\$0.20
Tuna .....	\$3.00	\$3.50	\$4.00	Mustard .....	\$0.20
Vegemite .....	\$2.00	\$2.50	\$3.00	Tomato .....	\$0.50
Sushi (Teryaki Chicken, Tuna or Californian).	\$3.00			Tomato sauce .....	\$0.20

### SALAD BOXES

**Salad = Carrot, Celery, Cucumber, Lettuce, Red Onion, Tomato & Mayonnaise**

Salad Box .....	As above .....	\$4.50
Chicken/Ham/Tuna Salad Box .....	Salad as above + chicken/ham/tuna .....	\$6.00
<b>Meal Deal Salad = Carrot, Cheese, Celery, Cucumber, Lettuce, Tomato</b>		
Fish Balls Box .....	Salad as above + 3 fish balls fingers .....	\$5.50
Chicken Strips Box .....	Salad as above + 6 chicken strips .....	\$5.50
Chicken Caesar Salad Box – chicken schnitzel, croutons, bacon, lettuce, mayo .....		\$6.00
<b>Dressings – Balsamic vinegar, Italian salad dressing, French salad dressing, Sweet chilli sauce .....</b>		<b>\$0.50</b>

## WRAPS

**Salad = Capsicum, Carrot, Cheese, Cucumber, Lettuce, Red Onion, Tomato & Mayonnaise**

Salad Wrap .....	Salad as above .....	\$4.50
Ham Salad Wrap .....	Salad as above + ham .....	\$6.00
Chicken Salad Wrap .....	Salad as above + chicken .....	\$6.00
Chicken Schnitzel Wrap .....	Salad as above + schnitzel & sweet chilli..	\$6.00
Sweet Chilli Tender Salad Wrap .....	Salad as above + chicken tenders .....	\$6.00

## HOT FOODS

\*\* ☺ Homemade \*\*

☺ Baked Potato with cheese	\$3.50	☺ (V) Vegetarian Lasagne .....	\$6.00
☺ Baked Potato with choice of		Pasty (Better Bite) .....	\$4.50
Baked Beans/Bolognaise/Chilli Con Carne	\$5.00	(V) Vegetarian Pasty .....	\$4.50
<b>Extra fillings \$0.40 each</b> - beetroot, cheese		Meat Pie (Better Bite) .....	\$4.50
coleslaw, pineapple, sweetcorn, tuna .....	\$0.50	Jnr Meat Pie (Better Bite) .....	\$3.50
Cheeseburger with lettuce, tomato .....	\$5.00	Jnr Sausage Roll (Better Bite) .....	\$3.50
Chicken Strips .....	\$0.80	Pizza (Single) Ham & Pineapple .....	\$3.00
Chicken Strips with wedges.....	\$6.00	Pizza (Slab) BBQ Chicken .....	\$3.50
Corn on the Cob .....	\$1.40	☺ Quiche Bacon, Cheese, Egg.....	\$4.00
Fish balls .....	\$1.00	☺ (V) Quiche Cheese, Tomato, Egg .....	\$4.00
Fish and Wedges .....	\$6.00	☺ Schnitzel, lettuce & mayo roll .....	\$5.50
Fish Fillet crumbed .....	\$3.50	(V) Spring Rolls.....	\$1.00
Fish Roll with Tartare sauce .....	\$4.50	☺ Spaghetti .....	\$6.00
Fried Rice .....	\$5.50	☺ (V) Spinach & Ricotta Triangle .....	\$3.50
Ham & Cheese Roll (Hot) .....	\$4.00	Turkish/Focaccia Bread (toasted)	
Ham & Cheese Sandwich (Hot) .....	\$3.50	☺ Chicken with	
Tuna & Cheese Sandwich (Hot) .....	\$3.50	avocado, sundried tomato & cheese .....	\$6.00
Hot Dog .....	\$4.00	☺ Chicken Schnitzel with roast	
Half Hot Dog .....	\$3.00	capsicum, cheese & mayonnaise .....	\$6.00
Hot Dog with Cheese .....	\$4.50	☺ (V) Vegetarian – eggplant, sun-dried	
Half Hot Dog with Cheese .....	\$3.50	tomatoes, capsicum & cheese .....	\$6.00
☺ Lasagne .....	\$6.00	☺ Butter Chicken & Rice .....	\$6.00

### MEAL DEALS – Please mark 'Meal Deal'

Turkish/Focaccia Bread options with either flavoured milk or Nippys 250ml .....	\$7.00
Fish and Wedges with either flavoured milk or Nippys 250ml .....	\$7.00
Lasagne or Vegetarian Lasagne with either flavoured milk or Nippys 250ml .....	\$7.00
Spaghetti with either flavoured milk or Nippys 250ml .....	\$7.00
Ham, Chicken, Chicken Schnitzel or Sweet Chilli Wraps with either flavoured milk or Nippys 250ml.....	\$7.00

## BEVERAGES & ICE-CREAMS

BEVERAGES	Price	ICE BLOCKS	Price
Nippys Juice 250ml (Apple, Orange,		Frozen Fruit cup.....	\$1.20
Apple & Blackcurrant) .....	\$2.00	Fruit Tubes ½ .....	\$0.50
Hot Chocolate (Milo) .....	\$2.50	Full .....	\$1.00
Milk-Flavoured (straw/ban/choc)	\$2.50	Juices .....	\$1.20
Slushies .....	\$2.50	Moosies .....	\$1.20
Spring Water 600ml .....	\$2.50	Paddlepops .....	\$1.50