



WEST LAKES SHORE SCHOOL CANTEEN

❄️ Winter Menu ❄️ Term 2 & Term 3 2019

RECESS

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

Chicken Burgers	\$1.50	Jumpy's	\$1.20
Cookies	\$1.00	Mamee Noodles	\$1.20
Fruit Salad	\$3.00	☺ Muffins (various fillings)	\$1.00
Garlic Bread	\$0.60	Red Rock Deli Chips	\$1.20
JJ's	\$1.20	☺ Hokkein Noodles (Thursday)	\$2.00

Fruit Salad and Yoghurt available to order on lunch orders

Fruit Salad	\$3.00
Yoghurt and Berries	\$3.00

COLD FOODS

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

	ROLL	FOCACCIA	SANDWICHES
Cheese	\$2.50	\$3.30	\$2.20
Chicken	\$3.50	\$4.00	\$3.00
Curried Egg/Egg	\$2.50	\$3.30	\$2.20
Ham	\$3.50	\$4.00	\$3.00
Salad	\$3.50	\$4.00	\$3.20
Tomato	\$2.50	\$3.30	\$2.20
Tuna	\$3.50	\$4.00	\$3.00
Vegemite	\$2.50	\$3.00	\$2.00

EXTRAS	
Carrot	\$0.50
Cheese	\$0.50
Cucumber	\$0.50
Curried Egg/Egg	\$0.50
Lettuce	\$0.50
Tomato	\$0.50
Mayonnaise	\$0.20
Mustard	\$0.20
Tomato Sauce	\$0.20

Sushi Roll (Teriyaki Chicken or Tuna & Corn) <i>Thursday Only</i>	\$3.00
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SALAD BOXES

Salad = Carrot, Celery, Cucumber, Lettuce, Red Onion, Tomato & Mayo

Salad Box	As above	\$4.50
Chicken/Ham/Tuna Salad	Salad as above + chicken or ham or tuna	\$6.00

Meal Deal Salad = Carrot, Cheese, Celery, Cucumber, Lettuce, Tomato

Fish Balls Box	Salad as above + 3 fish balls fingers	\$6.00
Chicken Strips Box	Salad as above + 6 chicken strips	\$6.00

Chicken Caesar Salad Box – chicken schnitzel, croutons, bacon, lettuce, mayo	\$6.00
Dressings – Balsamic vinegar, Italian salad dressing, French salad dressing, Sweet chilli sauce	\$0.50

WRAPS

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

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

(V) - Vegetarian

☺ Baked Potato with cheese	\$3.50
☺ Baked Potato with choice of Baked Beans or Chilli Con Carne	\$5.00
Baked Potato Extra fillings - beetroot, tuna, cheese, coleslaw, pineapple, sweetcorn	\$0.50
Cheeseburger with lettuce, tomato	\$5.00
Chicken Strips (each)	\$0.80
Chicken Strips with wedges	\$6.00
Corn on the Cob	\$1.40
Fish balls (each)	\$1.00
Fish and Wedges	\$6.00
Fish Fillet crumbed (each)	\$3.50
Fish Roll with Tartare sauce	\$4.50
Fried Rice	\$5.50
Ham & Cheese Roll (Hot)	\$4.00
Ham & Cheese Sandwich (Hot)	\$3.50
Tuna & Cheese Sandwich (Hot)	\$3.50
Hot Dog	\$4.00
Half Hot Dog	\$3.00
Hot Dog with Cheese	\$4.50
Half Hot Dog with Cheese	\$3.50
☺ Lasagne	\$6.00

☺ (V) Vegetarian Lasagne	\$6.00
Pasty (Better Bite)	\$4.50
(V) Vegetarian Pasty	\$4.50
Meat Pie (Better Bite)	\$4.50
Jnr Meat Pie (Better Bite)	\$3.50
Jnr Sausage Roll (Better Bite)	\$3.50
Pizza (Single) Ham & Pineapple	\$3.00
Pizza (Slab) BBQ Chicken	\$3.50
☺ Quiche - Bacon, Cheese, Egg	\$4.00
☺ (V) Quiche - Cheese, Tomato, Egg	\$4.00
☺ Schnitzel, lettuce & mayo roll	\$5.50
(V) Spring Rolls	\$1.00
☺ Spaghetti Bolognese	\$6.00
☺ (V) Spinach & Ricotta Triangle	\$3.50
☺ Butter Chicken & Rice	\$6.00
Turkish/Focaccia Bread (toasted)	
☺ Chicken with avocado, sundried tomato & cheese	\$6.00
☺ Chicken Schnitzel with roast capsicum, cheese & mayonnaise	\$6.00
☺ (V) Vegetarian – eggplant, sun-dried tomatoes, capsicum & cheese	\$6.00

MEAL DEALS – Please mark 'Meal Deal' on your lunch bag

Turkish/Focaccia Bread options with either flavoured milk or Nippys 250ml	\$8.00
Fish and Wedges with either flavoured milk or Nippys 250ml	\$8.00
Lasagne or Vegetarian Lasagne with either flavoured milk or Nippys 250ml	\$8.00
Spaghetti with either flavoured milk or Nippys 250ml	\$8.00
Ham, Chicken, Chicken Schnitzel or Sweet Chilli Wraps with either flavoured milk or Nippys 250ml	\$8.00

BEVERAGES & ICE-CREAMS

BEVERAGES	Price
Nippy's Juice 250ml (Apple, Orange, Apple & Blackcurrant)	\$2.00
Hot Chocolate (Milo)	\$2.50
Milk-Flavoured (straw/banana/choc)	\$2.50
Slushies	\$2.50
Spring Water 600ml	\$2.50

ICE BLOCKS	Price
Frozen Fruit Cup	\$1.20
Fruit Tubes - Half	\$0.50
Fruit Tubes - Full	\$1.00
Juices	\$1.20
Moosies	\$1.20
Paddlepops	\$1.50