

# WEST LAKES SHORE SCHOOL

## CANTEEN- Summer Menu



### Term 4 2019 & Term 1 2020

## RECESS

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

Chicken Burgers	1.50
Cookies	1.00
Fruit Salad	3.00
Muffins (various fillings) ☺	1.00

JJ's , Jumpy's & Mamee Noodles	1.20
Red Rock Deli Chips	1.20
Garlic Bread ☺	0.60

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

Fruit Salad	3.00
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Yoghurt and Berries	3.00
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## BEVERAGES & ICE-CREAMS

BEVERAGES	
Nippys Juice 250ml (Apple, Orange, Apple & Blackcurrant)	2.00
Hot Chocolate (Milo)	2.50
Milk-Flavoured (strawberry/banana/choc)	2.50
Slushies	2.50
Spring Water 600ml	2.50

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

## COLD FOODS

### SANDWICHES / ROLLS / FOCACCIA

**Sandwiches are fresh wholemeal / Rolls & Focaccias are unseeded white**

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

Extra fillings or condiments for Sandwich/Roll or Focaccia	
Carrot , Cheese, Cucumber, Curried Egg/Egg, Lettuce or Tomato	0.50 (each)
Mustard , Mayonnaise or Tomato Sauce	0.20 (each)

### WRAPS

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

Salad Wrap (V)	4.50
Chicken Salad Wrap	6.00

Ham Salad Wrap	6.00
Sweet Chilli Chicken Schnitzel Salad Wrap	6.00

### SALAD BOXES

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

Salad Box (V)	4.50
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Chicken or Ham or Tuna Salad Box	6.00
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**Meal Deal Salad = Carrot, Cheese, Celery, Cucumber, Lettuce, Tomato**

Fish Balls Salad Box (3 x fish ball fingers)	6.00
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Chicken Strips Salad Box (6 x Chicken strips)	6.00
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Chicken Caesar Salad Box – chicken schnitzel, croutons, bacon, lettuce, mayo	6.00
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<b>Dressings – Balsamic vinegar, Italian salad dressing, French salad dressing, Sweet chilli sauce</b>	<b>0.50</b>
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# THURSDAY SPECIALS – HOMEMADE ☺

## ONLINE ORDERS ONLY – PRE ORDER BY WEDNESDAY 4PM

Teriyaki Chicken Sushi ☺		3.00
Tuna & Corn Sushi ☺		3.00

<b>Vegetarian Vietnamese Roll</b> – carrot, lettuce, tomato, radish, cucumber, coriander, mayo and soy sauce <b>(V)</b> ☺	<b>1/2</b>	<b>Full</b>
	3.00	4.50

<b>Vietnamese Roll</b>	<b>1/2</b>	<b>Full</b>
Chicken Vietnamese Roll ☺	3.00	5.50
Pork Vietnamese Roll ☺	3.00	5.50
Combo (Pork & Chicken) Vietnamese Roll ☺	3.00	5.50

Vietnamese Meat Rolls come with carrot, radish, cucumber, coriander, mayo and soy sauce

## HOT FOODS

☺ Homemade

**(V)** - Vegetarian

Baked Potato with cheese ☺	3.50
Baked Potato with choice of Baked Beans/Bolognese/Chilli Con Carne ☺	5.00
<b>Baked Potato Extra fillings</b> - 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
Macaroni Cheese (V)	4.50
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

Vegetarian Lasagne ☺ <b>(V)</b>	6.00
Pasty (Better Bite)	4.50
Vegetarian Pasty <b>(V)</b>	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
Quiche Cheese, Tomato, Egg ☺ <b>(V)</b>	4.00
Schnitzel, lettuce & mayo roll	5.50
Savoury Spring Roll (large) <b>(V)</b>	2.00
Cocktail Spring Roll <b>(V)</b>	1.00
Spaghetti Bolognese ☺	6.00
Spinach & Ricotta Triangle ☺ <b>(V)</b>	3.50
Toasted Turkish/Focaccia with Chicken, avocado, sundried tomato & cheese ☺	6.00
Toasted Turkish/Focaccia with Chicken Schnitzel, roast capsicum, cheese & mayonnaise ☺	6.00
Vegetarian – eggplant, sun-dried tomatoes, capsicum & cheese ☺ <b>(V)</b>	6.00

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

Toasted Turkish/Focaccia 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 Bolognese with either flavoured milk or Nippys 250ml	8.00
Ham, Chicken or Sweet Chilli Chicken Schnitzel Wrap with either flavoured milk or Nippys 250ml	8.00

