



WEST LAKES SHORE SCHOOL CANTEEN

❄️ *Winter Menu* ❄️ (Term 2 & 3 2017)

RECESS

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

Chicken Burgers	\$1.20	☺ Muffins (various fillings)	\$0.80
Cookies	\$0.80	Popcorn	\$1.20
Fruit Salad	\$2.50	Pretzels	\$1.20
Garlic Bread	\$0.60	Red Rock Deli Chips	\$1.20
JJ's	\$1.20	☺ Rice Cups	\$1.00
Jumpy's	\$1.20	Wedges (sour cream/chilli sauce 10c)	\$2.00
Mamee Noodles	\$1.20		

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

COLD FOODS

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

SANDWICHES		Roll	Focaccia	EXTRAS	
Cheese	\$2.20	\$2.50	\$3.50	Carrot	\$0.60
Chicken	\$3.00	\$3.50	\$4.00	Cheese	\$0.60
Curried Egg/Egg	\$2.50	\$2.50	\$3.50	Cucumber	\$0.60
Ham	\$3.00	\$3.50	\$4.00	Curried Egg/Egg	\$0.60
Salad	\$3.20	\$3.50	\$4.00	Lettuce	\$0.60
Tomato	\$2.50	\$2.50	\$3.50	Mayonnaise	\$0.20
Tuna	\$3.00	\$3.50	\$4.00	Mustard	\$0.20
Vegemite	\$2.00	\$2.50	\$3.00	Tomato	\$0.60
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

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

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
Dressings – Balsamic vinegar, Italian salad dressing, French salad dressing, Sweet chilli sauce		\$0.50

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

** ☺ Home made **

☺ Baked Potato with cheese	\$3.50	Half Hot Dog with Cheese	\$3.00
☺ Baked Potato with choice of		☺ Lasagne	\$5.50
Baked Beans/Bolognaise/Chilli Con Carne	\$4.50	☺ (V) Vegetarian Lasagne	\$5.50
Extra fillings \$0.40 each - beetroot, cheese		Pasty (Better Bite)	\$4.50
coleslaw, pineapple, sweetcorn, tuna	\$0.50	(V) Vegetarian Pasty	\$4.50
Butter Chicken & Rice	\$6.00	Meat Pie (Better Bite)	\$4.50
Cheeseburger with lettuce, tomato	\$5.00	Jnr Meat Pie (Better Bite)	\$3.50
Chicken & Gravy Roll	\$5.00	Jnr Sausage Roll (Better Bite)	\$3.50
Chicken Strips	\$0.60	Pizza (Single) Ham & Pineapple	\$3.00
Chicken Strips & Wedges	\$6.00	Pizza (Slab) BBQ Chicken	\$3.50
Corn on the Cob	\$1.20	☺ Schnitzel, lettuce & mayo roll	\$5.00
Fish balls	\$1.00	(V) Spring Rolls	\$1.00
Fish and Wedges	\$5.50	☺ Spaghetti	\$5.50
Fish Fillet crumbed	\$3.50	☺ (V) Spinach & Ricotta Triangle	\$3.50
Fish Roll with Tartare sauce	\$4.50	Turkish/Focaccia Bread (toasted)	
Fried Rice	\$5.50	☺ Chicken with	
Ham & Cheese Roll (Hot)	\$4.00	avocado, sundried tomato & cheese	\$6.00
Ham & Cheese Sandwich (Hot)	\$4.00	☺ Chicken Schnitzel with roast	
Tuna & Cheese Sandwich (Hot)	\$4.00	capsicum, cheese & mayonnaise	\$6.00
Hot Dog	\$3.50	☺ (V) Vegetarian – eggplant, sun-dried	
Half Hot Dog	\$2.50	tomatoes, capsicum & cheese	\$6.00
Hot Dog with Cheese	\$4.00		

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,		Fandangles	\$1.50
Apple & Blackcurrant)	\$2.00	Fruit Tubes ½	\$0.50
Hot Chocolate (Milo)	\$2.50	Full	\$0.80
Milk-Flavoured (straw/ban/choc)	\$2.00	Juices	\$1.20
Slushies	\$2.50	Moosies	\$1.20
Spring Water 600ml	\$2.50	Paddlepops	\$1.50