

## WPPS CANTEEN HEALTHY OPTIONS MENU

- **Open Monday & Friday only** for morning tea and lunch orders, plus over the counter service
- Write order on a clean paper bag, include name, class & correct money - if possible. Use 2 bags to separate hot & cold food
- Bags are available at the canteen for 20c each. **PRINTED BAGS ARE CURRENTLY UNAVAILABLE**

Frozen treats to be picked up from the canteen at either recess or lunch time - *bring lunch order bag as proof of order*

All orders are filled as requested, if possible.

**Please keep allergy information for your child/ren up to date for our records at the canteen**



(v) = Vegetarian (GF) = Gluten Free \*\* = NEW  
 Gluten Free Ham, Turkey and Roast chicken used  
 ○ = Gluten Free bread, rolls and wraps available on request  
 Nuttelex spread used (dairy, nut, soy, gluten free) on all rolls & sandwiches

Any queries, contact Leanne: ph 0417 375 579 or Email: l.f.w@bigpond.com

○ Fresh Sandwiches / Toasties (wholemeal bread)		○ Fresh Rolls or Wraps	
Vegemite	\$2.00	Ham / Turkey / Roast chicken (select 1 meat) <u>or</u> Salad	\$2.50
Cheese	\$2.00	Ham / Turkey / Roast chicken with Salad	\$3.00
Vegemite & Cheese	\$2.50	Ham / Turkey / Roast chicken with Salad & Cheese	\$3.50
Ham / Turkey / Roast chicken (select 1 meat)	\$2.50	Wattle TLC Roll - warm Chicken schnitzel # with Mayo, Tomato, Lettuce & Cheese	\$5.00
Ham / Turkey / Roast chicken with Cheese <u>or</u> Tomato	\$3.00	Wattle TL Roll - warm Chicken schnitzel with Mayo, Tomato & Lettuce	\$4.50
Ham / Turkey / Roast chicken with Cheese & Tomato	\$3.50	Wattle LC Roll - warm Chicken schnitzel with Mayo, Lettuce & Cheese	\$4.50
Sushi (available Friday only)		Wattle L Roll - warm Chicken Schnitzel, Mayo & Lettuce	\$4.00
Avocado (GF) (v)	\$3.00		
Chicken Teriyaki	\$3.00		
Cooked Tuna (GF)	\$3.00		
Cucumber (GF) (v)	\$3.00		
Hot Options		Other Vegetarian Options	
Large Pie / Large Sausage Roll**	\$3.60	Macaroni and Cheese - warm**	\$3.00
Mini Pie / Mini Sausage Roll	\$1.80	Vegetable Lasagne - warm	\$3.00
GF Pie / GF Beef & Vegie Roll	\$3.60	Nachos (Corn Chips, mild Salsa & melted Cheese) - warm**	\$3.00
3 Savoury Meatballs	\$1.00	3 Vegie Balls (No soy, nut or dairy) (GF) - warm	\$2.00
3 Mini Steamed Chicken Dim Sims	\$1.00	Zucchini, Carrot & Corn Slice - warm	\$2.50
3 Mini Frankfurts (GF)	\$1.00	Spinach and Ricotta Pastry Pocket - warm	\$1.00
3 Mini Chicken Nuggets #	\$1.00	Snack Pack: Carrot, Cucumber & Celery sticks with Cherry tomatoes & Grapes (GF)	\$3.00
Pizza slice - Margherita (v)/Ham & Cheese/Hawaiian/Pepperoni	\$2.00	Lunch Pack: Carrot, Cucumber & Celery sticks with Cherry tomatoes, Grapes & Corn chips (GF)	\$3.50
Mini Hot Dog	\$1.80	add Cheese <u>or</u> 1 Dip - Hommus (GF) or Avocado (GF)	\$4.00
Whole Hot Dog	\$3.00	<u>or</u> add Cheese & 1 Dip	\$4.50
Cheese and Bacon Bun	\$2.50	Snacks	
Zucchini & Bacon Slice	\$2.50	Bread Sticks	\$0.50
Twista Pasta Bolognese	\$3.00	Fresh Fruit (Apple/Banana/Orange)	\$1.00
Beef Lasagne	\$3.00	Fa-va Mini Snack (dried fava beans) - various flavours	\$1.00
		Maxi Snack (dried chickpeas) - lightly salted (GF)	\$1.50
		Banana Bread**	\$1.50
		Go-Cookie – Choc Chip	\$1.50
Sauce sachet (GF)	\$0.20	Popcorn (Butter/Lightly Salted/Sweet n Salty/Cheese(GF))	\$1.00
		Vegie Chips (BBQ/Honey Soy/S&V) (GF)	\$1.00
		Jumpy's (Plain/Chicken/S&V) <b>BBQ no longer available</b>	\$1.00
#GF Chicken Nuggets or Schnitzel available on request		JJ's (Burger flavour)** (replacing BBQ Jumpy's)	\$1.00
Frozen		Drinks	
Bag of Watermelon <u>or</u> Orange (frozen pieces)	\$1.00	Fruit Juice (Apple/Orange/Apple&Blackcurrant/Paradise Punch) (GF)	\$2.00
Moosie (Chocolate/Strawberry/ Other flavours)	\$1.00	Flavoured Milk (Chocolate/Strawberry) (GF)	\$2.00
Lickstick (Fruit JuiceTube)	\$0.50	LOL Sparkling Fruit Juice (Tropikl/Razz Bri/B Current)	\$2.00
Yoghurt Stick (Fruit flavours)	\$0.50	Coco Chill (Coconut Water with Fruit Juice)	\$2.00