

## 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.

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

\* Gluten Free Ham, Turkey and Roast chicken used

# Gluten Free available on request

Nuttalex 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 Wholemeal Sandwiches / Toasties		# Fresh Rolls or Wraps	
Vegemite	\$2.00	Ham / Turkey / Roast chicken* (select 1 meat) <u>gg</u> Salad	\$2.50
Cheese	\$2.00	Ham / Turkey / Roast chicken* with Salad <u>&amp;/or</u> Cheese	\$3.50
Vegemite & Cheese	\$2.50	Wattle TLC Roll - warm Chicken schnitzel # with Mayo, Tomato, Lettuce & Cheese	\$3.00
Ham / Turkey / Roast chicken* (select 1 meat)	\$2.50	Wattle TL Roll - warm Chicken schnitzel # with Mayo, Tomato & Lettuce	\$4.50
Ham / Turkey / Roast chicken* with Cheese <u>or</u> Tomato	\$3.00	Wattle LC Roll - warm Chicken schnitzel # with Mayo, Lettuce & Cheese	\$4.50
Ham / Turkey / Roast chicken* with Cheese & Tomato	\$3.50	Wattle L Roll - warm Chicken Schnitzel #, Mayo & Lettuce	\$4.00
Sushi <i>[available Friday only]</i>		Vietnamese Rice Paper Roll <i>[available Friday only]</i>	
Avocado (GF) (v) +/- Soy sauce	\$3.00	Chicken with shredded lettuce, carrot and ginger +/- Hoisin sauce (GF)	\$3.00
Chicken Teriyaki +/- Soy sauce	\$3.00		
Cooked Tuna (GF) +/- Soy sauce	\$3.00		
Cucumber (GF) (v) +/- Soy sauce	\$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
		Nachos (Corn Chips, mild Salsa & melted Cheese) - warm	\$3.00
3 Savoury Meatballs	\$1.00	3 Veggie Belts (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, Lettuce & Grapes (GF)	\$3.00
Pizza slice - Margherita (v)/Ham & Cheese/Hawaiian/Pepperoni	\$2.00	Lunch Pack: Carrot, Cucumber & Celery sticks with Cherry tomatoes, Lettuce, Grapes, Corn chips, Cheese & Dip (Hommus) (GF)	\$3.00
Mini Hot Dog	\$1.80	Non-Vegetarian cold	
Whole Hot Dog	\$3.00	Snack Pack with Chicken	\$4.00
		Snacks	
Twista Pasta Bolognese	\$3.00	Bread Sticks	\$0.50
Beef Lasagne	\$3.00	Fresh Fruit (Apple/Banana/Orange)	\$1.00
		Fa-va Snack (dried chickpeas) - lightly salted (GF)	\$1.50
Cheese and Bacon Bun	\$2.50	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
# GF available on request		Veggie Chips (BBQ/Honey Soy/S&V) (GF)	\$1.00
		Jumpy's (Plain/Chicken/S&V) <u>BBQ no longer available</u>	\$1.00
		JJ's (Burger/Pizza flavour)	\$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 Juice Tube)	\$0.50	Quench Sparkling Flavoured Water (various flavours)(GF)	\$2.00
Yoghurt Stick (Fruit flavours)	\$0.50	Coco Chill (Coconut Water) (GF)	\$2.00