

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 (GR) = Gluten Reduced* # (GR) available on request
* We cannot guarantee that food is entirely Gluten Free (GF) or prepared in a GF environment, so it is marked as Gluten Reduced (GR) *
 Nuttelex spread used (dairy, nut, soy, gluten reduced) on all rolls & sandwiches

Any queries, contact the canteen on Monday and Friday. Or the school office.

Fresh Wholemeal Sandwiches / Toasties		Fresh Rolls or Wraps	
Vegemite	\$2.00	Ham or Roast chicken or Salad	\$2.50
Cheese	\$2.00	Ham or Roast chicken with Salad &/or Cheese	\$3.50
Vegemite & Cheese	\$2.50	Wattle TLC Roll - warm Chicken Schnitzel with Mayo, Tomato, Lettuce & Cheese	\$5.00
Ham or Roast chicken	\$2.50	Wattle TL Roll - warm Chicken Schnitzel with Mayo, Tomato & Lettuce	\$4.50
Ham or Roast chicken with Cheese or Tomato	\$3.00	Wattle LC Roll - warm Chicken Schnitzel with Mayo, Lettuce & Cheese	\$4.50
Ham or Roast chicken with Cheese & Tomato	\$3.50	Wattle L Roll - warm Chicken Schnitzel, Mayo & Lettuce	\$4.00
Sushi (available Friday only)		Vietnamese Rice Paper Roll (available Friday only)	
Sweet Tofu with Avocado & Cucumber (v) includes sweet soy sauce	\$3.20	Chicken with shredded Lettuce, Carrot and Ginger (GR) +/- Hoisin sauce	\$3.20
Avocado (GR) (v) +/- Soy sauce	\$3.20		
Avocado & Fresh Salmon (GR) +/- Soy sauce	\$3.20		
Chicken Teriyaki & Avocado +/- Soy sauce	\$3.20		
Cooked Tuna & Avocado (GR) +/- Soy sauce	\$3.20		
Cucumber (GR)(v) +/- Soy sauce	\$3.20		
Hot Options		Other Vegetarian Options	
Large Pie / Large Sausage Roll * made by local bakery	\$4.00	Macaroni and Cheese - warm	\$3.50
Mini Pie / Mini Sausage Roll *made by local bakery	\$2.00	Vegetable Quiche - warm *made by local bakery	\$4.00
Quiche Lorraine *made by local bakery	\$4.00	Nachos (Corn Chips, mild Salsa & melted Cheese) - warm	\$3.50
3 Savoury Meatballs	\$1.20	3 Vegie Balls (No soy, nut or dairy) (GR) - warm	\$2.20
3 Mini Steamed Chicken Dim Sims	\$1.20	Spinach and Ricotta Pastry Pocket - warm	\$1.00
3 Mini Frankfurts (GR)	\$1.20	Snack Pack: Carrot, Cucumber & Celery sticks with Cherry tomatoes, Lettuce & Grapes (GR)	\$3.00
3 Mini Chicken Nuggets #	\$1.20	Lunch Pack = Snack Pack + Corn chips, Cheese & Hommus Dip (GR)	\$5.00
Pizza slice - Margherita (v)/Ham & Cheese/Hawaiian/Pepperoni *made daily in canteen	\$2.50		
Mini Hot Dog	\$2.00		
Whole Hot Dog	\$3.50		
Cheese and Bacon Bun	\$3.00		
Cheesymite Scroll snack size	\$1.50		
Melted Cheese Roll (warm)	\$0.50		
Garlic Bread	\$0.50		
Twista Pasta Bolognese	\$3.50		
Beef Lasagne	\$3.50		
Sauce sachet (GR)	\$0.20		
Frozen		Snacks	
Bag of Watermelon (frozen pieces)	\$1.00	Banana Bread	\$1.50
Paloma Pops - natural fruit juice icy poles +/- cream	\$2.00	Choc Chip Cookie *made by local bakery	\$1.50
		Bread Sticks	\$0.50
		Fresh Fruit (Apple/Banana/Orange)	\$1.00
		Ovalteenies	\$1.00
		Snaps (Smokehouse BBQ / Light & Tangy Salsa) (GR)	\$1.00
		Popcorn (Lightly Salted/Sweet n Salty/Cheese) (GR)	\$1.00
		Vegie Chips (BBQ/Honey Soy/S&V) (GR)	\$1.00
		Jumpys (Plain/Chicken/S&V)	\$1.00
		JJs (Burger/Pizza/S&V)	\$1.00
Frozen		Drinks	
Bag of Watermelon (frozen pieces)	\$1.00	Fruit Juice (Apple/Orange/Apple&Blackcurrant/Tropical)	\$2.00
Paloma Pops - natural fruit juice icy poles +/- cream	\$2.00	Flavoured Milk (Chocolate/Strawberry)	\$2.00
		Quench Sparkling Flavoured Water (various flavours)	\$2.00