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healthy canteens menu

WILLOUGHBY PUBLIC SCHOOL 2020 CANTEEN MENU



HEALTHY CANTEENS FOOD CODES

GREAT CHOICE LOGO EVERYDAY FOOD

RED BOX OCCASIONAL FOOD

SNACK DEAL

\$ 2.50

Choose One

Popper - Water - Plain Milk

+ Fruit Piece Or Popcorn

Add 50c Oak Flavoured Milk



EVERYDAY CHOICES SANDWICHES - WRAPS - SALADS - FRUITS - CUSTARD

SANDWICH & WRAPS		SANDWICH	WRAP	SALAD BOWLS	
VEGEMITE OR JAM	VEG	\$ 2.00		GARDEN SALAD	VEG
CHEESE	VEG	\$ 2.00		LETTUCE, TOMATO, CUCUMBER, BEETROOT, CARROT	
HAM		\$ 2.50		SWEET CHILLI CHICKEN SALAD	
HAM & CHEESE		\$ 3.50		HAM & GARDEN SALAD	
EGG & LETTUCE	VEG	\$ 3.50		CHICKEN CAESAR SALAD	
CURRIED EGG & LETTUCE	VEG	\$ 3.50		CREAMY PASTA WITH CHICKEN	
CHEESE & TOMATO	VEG	\$ 3.50		SWEET CHILLI NOODLE SALAD	
SALAD	VEG	\$ 3.80	\$ 5.00	SUSHI WEDNESDAY & THURSDAY EACH	
HAM, CHEESE & TOMATO		\$ 3.80		CHICKEN TERIYAKI	x2 \$6 \$ 3.50
SWEET CHILLI CHICKEN		\$ 4.00	\$ 5.00	VEGETARIAN SEASONAL VEGES	VEG GF x2 \$6 \$ 3.50
CHICKEN, LETTUCE & MAYO		\$ 4.00	\$ 5.50	TUNA CUCUMBER & MAYO	x2 \$6 \$ 3.50
HAM & SALAD		\$ 4.00	\$ 5.80	SWEET CHILLI CHICKEN	MAYO x2 \$6 \$ 3.50
TERIYAKI CHICKEN WITH LETTUCE		\$ 4.00	\$ 5.80	FRESH FRUIT	
CHICKEN CAESAR SALAD		\$ 5.80		FRUIT WATERMELON, APPLE, BANANA, MANDARIN	\$ 1.00
EXTRAS				WATERMELON CHUNKS	\$ 3.50
SAUCE PORTION - BBQ OR TOMATO SAUCE			\$ 0.40	FRUIT SALAD SEASONAL FRUITS	\$ 4.00
TOMATO, BEETROOT, CUCUMBER, CARROT, ONION			\$ 0.40		
CHEESE SLICE			\$ 0.50		
CHICKEN, HAM, EGG, SHREDDED CHEESE			\$ 1.00		

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EVERYDAY CHOICES DRINKS JUICE - WATER - MILK

POPPER 100% JUICE APPLE, ORANGE, ABC	\$ 1.80	CHILL J 100% JUICE RASPBERRY, GRAPE	\$ 2.60
WATER 600ML	\$ 2.50	UP N GO CHOCOLATE, VANILLA	\$ 3.00
PLAIN MILK	\$ 2.00	ICE TEA PEACH, RASPBERRY	\$ 3.60
OAK MILK CHOCOLATE, STRAWBERRY	\$ 2.50	ALOE VERA GRAPE	\$ 3.60
JUICE BOMB 100% JUICE ORANGE, RASPBERRY	\$ 2.60	HOT CHOCOLATE	\$ 2.50



EVERYDAY CHOICES PASTA - RICE - BURGERS - PIZZA - HOT BITES

PASTA - RICE		REG	LGE	HOME MADE PIZZAS	
BUTTER CHICKEN WITH RICE	GF	\$ 3.80	\$ 6.00	CHEESE	VEG \$ 4.00
BOLOGNESE PASTA BEEF SAUCE		\$ 3.80	\$ 5.50	HAM & CHEESE	\$ 4.50
FETTUCINE CARBONARA CHICKEN		\$ 3.80	\$ 5.50	BBQ CHICKEN	\$ 4.50
MACARONI & CHEESE	VEG	\$ 4.20		HOT BITES	
LASAGNE BEEF		\$ 4.20	\$ 6.00	CHICKEN WING HOT & SPICY	x 4 \$ 5 \$ 1.40
LASAGNE VEGE	GF VEG	\$ 5.00		GARLIC BREAD	VEG \$ 2.50
BURGERS				PRAWN DUMPLINGS X 4 STEAMED	\$ 5.00
CHEESEBURGER BEEF, CHEESE, TOMATO SAUCE		\$ 5.00		TOASTED WRAPS	
AUSSIE BEEF LETTUCE, TOMATO, BEETROOT, BBQ		\$ 5.00		CHEESE TOASTED WRAP	VEG \$ 3.00
CHICKEN BREAST FILLET, LETTUCE, MAYO		\$ 5.00		HAM & CHEESE TOASTED WRAP	\$ 3.50
HOT N SPICY CHICKEN LETTUCE & MAYO		\$ 5.00		SWEET CHILLI CHICKEN	CHEESE, SAUCE \$ 5.00
DONER KEBAB BURGER AUTHENTIC MEAT, BBQ		\$ 5.00		BBQ CHICKEN & CHEESE	WITH BBQ SAUCE \$ 5.00

EVERYDAY CHOICES ICE BLOCKS - SNACKS

ICE COLD TREATS 99% JUICE BASED		
FROZEN JUICE CUP APPLE - ORANGE - ABC	GF	\$ 1.50
FRUITY ICES ASSORTED FLAVOURS	GF	\$ 0.50
SOUR SNAP APARTS ASSORTED FLAVOURS	GF	\$ 1.00
ICE MONY BLUE RASPBERRY - RED BERRY - LEMON	GF	\$ 1.20
* ICE COLD TREATS ARE NOT PUT IN YOUR LUNCH ORDER BAG COLLECT THEM FROM THE CANTEEN AFTER THE EATING PERIOD		
YOGHURT & CUSTARD		
CUSTARD BOWL VANILLA		\$ 3.00
YOGHURT BOWL VANILLA		\$ 4.00
CUSTARD CUP VANILLA OVER THE COUNTER ONLY		\$ 1.00



GLUTEN FREE FOODS

GLUTEN FREE BREAD & WRAPS	\$ 1.00
YOU CAN ORDER ANY SANDWICH OR WRAP FROM THE MENU	
HOT FOODS	
MACARONI & CHEESE	\$ 5.00
CHICKEN NUGGETS 6 PACK	\$ 5.00
HASH BROWN MADE IN A FACTORY THAT PROCESSES GLUTEN	\$ 1.20
THERE ARE LOTS OF OTHER GLUTEN FREE FOODS LISTED ON THE MAIN MENU. THEY HAVE "GF" NEXT TO THEM	
IF YOU ORDER ANY OF THE ABOVE FOODS PLEASE WRITE "GLUTEN FREE" ON YOUR LUNCH BAG	



OCCASIONAL CHOICES HOT BITES - MEXICAN - PASTRIES - SNACKS

HOT BITES		MEXICAN				
CHICKEN NUGGET 100% BREAST	\$ 0.80	BEEF NACHOS BEEF MINCE WITH CHEESE	GF \$ 5.00			
	6 PACK \$ 4.00	VEGE NACHOS SALSA, LETTUCE, CHEESE	VEG GF \$ 5.00			
HASH BROWN	VEG \$ 1.20	SNACKS				
CUP NOODLES CHICKEN - BEEF - SPICY TOM YUM	\$ 3.00	POPCORN EVERYDAY RATED ITEM	\$ 1.00			
	ORIENTAL VEG	BROWNIE OUR FAMOUS BITE SIZE SNACK	\$ 1.00			
HOT DOG WITH TOMATO SAUCE (CHICKEN)	\$ 3.50	CHIPS 27G	\$ 2.00			
POTATO WEDGES OVEN BAKED, WITH SAUCE	\$ 3.50	BANANA BREAD	\$ 2.50			
PASTRIES		JELLY BOWL	GF \$ 2.00			
PARTY PIE LOW FAT	x 3 \$ 4 \$ 1.40	CUSTARD & JELLY BOWL	\$ 2.50			
SAUSAGE ROLL LOW FAT	\$ 3.50	PIRANHA RICE SNAPS	VEGE CRACKERS GF \$ 2.50			
MEAT PIE LOW FAT	\$ 4.00	CHOOSE FROM OUR WIDE SELECTION OF SAUCES				
SPINACH & RICOTTA ROLL	VEG \$ 4.20	BBQ	TOMATO	GARLIC AIOLI	SWEET CHILLI	MAYO
POTATO PIE LOW FAT	\$ 4.50	CAESAR	PERI PERI	HOT CHILLI	BURGERLUCIOUS	

EVERYDAY CHOICES BREAKFAST

BREAKFAST AVAILABLE AT THE CANTEEN EVERY MORNING :

TOASTED WRAPS - FRUITS - YOGHURT - CUSTARD - MILK

ALL FOODS ARE MADE FROM FRESH INGREDIENTS

CODING: VEG VEGETARIAN GF GLUTEN FREE

ALL ITEMS ON THE MENU ARE HALAL (EXCLUDING PORK PRODUCTS)

CARD FEES: EFTPOS 16c DEBIT / CREDIT 1.65%



Crunch & Sip

\$2.50

Bottle Water 600ml

Choose Any Piece Of Seasonal Fruit