

CANTEEN MENU



WESLEY COLLEGE

By daring & by doing

COLD OPTIONS



- SALAD 4.40

SUSHI

- CHICKEN TERIYAKI / TUNA / CALIFORNIA

5 PIECE 5.40

8 PIECE 8.00



*GLUTEN FREE CHICKEN & TUNA ONLY
**VEGETARIAN ONLY 5PCS

SANDWICHES WRAPS & ROLLS

WHITE, WHOLEMEAL, MULTIGRAIN, RYE OR GF BREAD

SANDWICHES WRAPS & ROLLS

- VEGEMITE 2.25 | 2.85
- HAM/CHEESE/CHICKEN/TUNA/EGG 4.00 | 4.60
- HAM & CHEESE 4.40 | 5.00
- CHICKEN & CHEESE 4.40 | 5.00
- ADD SALAD 0.20 | 0.20



EXTRAS

- AVOCADO 0.70
- TOMATO/BBQ SAUCE 0.50
- MAYO 0.30

*SALAD ITEMS: LETTUCE, TOMATO, CARROT & CUCUMBER

HOT OPTIONS

- 5PC CHICKEN DINOSAURS (Tuesday & Thursday) 3.20
 - SAUSAGE ROLL 2.75
 - POTATO TOP BEEF PIE 3.50
 - CRUIZER BEEF PIE 3.50
 - CRUIZER BEEF & PEPPER PIE \$3.50



CANTEEN-APPROVED READY MADE MEALS

200G SERVING. ALL \$4.20 EACH

- MACARONI CHEESE
- TWISTA PASTA
- SPAGHETTI BOLOGNESE
- RAVIOLI NAPOLITANA
- BEEF AND VEGETABLE LASAGNA
- VEGETABLE FRIED RICE

TOASTIES

WHITE, WHOLEMEAL, MULTIGRAIN OR GF BREAD



- CHEESE ONLY 3.15
- CHEESE & TOMATO 3.15
- CHEESE & ONION 3.15
- HAM & TOMATO 3.15
- HAM & CHEESE 3.70

HEALTHY FOOD AND DRINK POLICY

THE WESTERN AUSTRALIA DEPARTMENT OF EDUCATION HAS IMPLEMENTED THE HEALTHY FOOD AND DRINK (HFD) POLICY IN SCHOOLS. THE POLICY IS BASED ON A 'TRAFFIC LIGHT' SYSTEM OF CATEGORISING FOOD AND DRINKS.

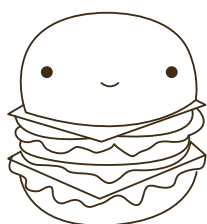
- GREEN - ENCOURAGE AND PROMOTE
- AMBER - SELECT CAREFULLY IN SMALL SERVES
- RED - OFF THE MENU, NOT AVAILABLE

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DAILY SPECIALS

ALL \$5.80 EACH

MONDAY

- Roast of the day with roast vegetables
- Macaroni cheese

TUESDAY

- Chicken burger with lettuce, tomato, cheese & mayo
- Curry of the day

WEDNESDAY

- BBQ pork sliders with coleslaw
- Meat lovers pizza slice (\$3.45)

THURSDAY

- Sweet and sour pork with rice
- Tuscan Baked chicken with roasted vegetables

FRIDAY

- BLT
sesame seed burger bun with bacon,
lettuce, tomato, & mayo
- Beef nachos with sour cream, guacamole and cheese



SNACKS

- WHOLE FRUIT 1.20
- FRUIT YOGHURT 2.05
- CHEESE 'N' BISCUITS (LOW FAT CHEESE) 3.85
- FOREST FRUIT MUESLI BAR 1.45
- FRUIT CUP WITH YOGHURT & MUESLI 2.40
- MUESLI & YOGHURT CUP 1.40
- CHOPPED WATERMELON 1.40



DRINKS

- WATER 500ML 2.15
- EMMA & TOM'S JUICE 250ML 2.20
Pressed cloudy apple/Straight OJ
- FRESH MILK 225ML 1.95
- CHILL FLAVOURED MILK 300ML 2.20
Strawberry/Chocolate/Banana
- UP & GO 250ML 2.70
Banana/Vanilla/Strawberry/Chocolate
- SIPAHH STRAWS 0.90