

# CANTEEN MENU



WESLEY COLLEGE

By daring & by doing

## BREAKFAST

- CHEESY 2.00
- CHEESYBEANO 2.10
- BIRCHER MUESLI 2.10
- BACON & EGG MUFFINS 3.40
- HASH BROWNS (Mondays) 1.10

## LUNCH COLD OPTIONS

- SALAD 4.40

## SELECTION OF SANDWICHES WRAPS & ROLLS

WHITE, WHOLEMEAL, MULTIGRAIN, RYE OR GF BREAD

- |   | SANDWICHES | WRAPS & ROLLS |
|---|------------|---------------|
| • HAM/CHEESE/CHICKEN/TUNA/EGG AND SALAD | 4.20       | 4.60          |
| • HAM, CHEESE AND SALAD                 | 4.60       | 5.20          |
| • CHICKEN, CHEESE AND SALAD             | 4.60       | 5.20          |

\*SALAD ITEMS: LETTUCE, TOMATO, CARROT & CUCUMBER

## 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

## SUSHI

- CHICKEN TERIYAKI/TUNA / CALIFORNIA
  - 5 PIECE 5.40
  - 8 PIECE 8.00

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

## HOT OPTIONS

- SAUSAGE ROLL 2.75
- CRUIZER BEEF PIE 3.50
- CRUIZER BEEF & PEPPER PIE 3.50
- POTATO TOP BEEF PIE 3.50
- 5PC CHICKEN DINOSAURS 3.20 (Tuesdays & Thursdays)

## 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

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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
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## SNACKS

- FRUIT CUP WITH YOGHURT & MUESLI 2.40
  - WHOLE FRUIT 1.10
  - FRUIT YOGHURT 2.05
- CHEESE 'N' BISCUITS (LOW FAT CHEESE) 3.85
  - FOREST FRUIT MUESLI BAR 1.45
  - CINNAMON SCROLL 3.00
  - CHOPPED WATERMELON 1.40
  - MUESLI & YOGHURT CUP 1.40

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## ICE CREAM

- NIPPYS FROZEN CUP 1.10
  - PADDLE POP 1.85
  - FROYO2GO 3.00
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## DRINKS

- WATER 500ML 2.15
  - EMMA & TOM'S JUICE 250ML 2.20
- Pressed cloudy apple/Fruit smoothie Karma Rama/ Straight OJ

- JUICE BOMB 250ML 2.20
- 100% SPARKLING FRUIT JUICE  
Apple&blackcurrant/apple coola/apple&raspberry/  
grape/lemonade/orange passion-fruit/vanilla lime/  
watermelon

- FRESH MILK 225ML 1.95
  - CHILL FLAVOURED MILK 300ML 2.20  
Strawberry/Chocolate/Banana
  - UP & GO 250ML 2.70  
Banana/Vanilla/Strawberry/Chocolate
  - NIPPY'S FLAVOURED MILK 375ML 3.00
  - SIPAHH STRAWS 0.90
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