

# LAKE WINDEMERE B-7 SCHOOL CANTEEN PRICE LIST 2020

## EVERY DAY ITEMS

<b>A</b> Toasties ham & cheese	\$3.00
<b>G</b> Cheese Burger (lettuce & tomato)	\$5.00
<b>G</b> Garlic toasties (with cheese 50c extra)	\$1.00
<b>G</b> Honey Soy Chicken & Rice	\$4.00
<b>G</b> Lasagne	\$4.00
<b>G</b> Macaroni & cheese	\$4.00
<b>A</b> Chicken Nuggets x 4	\$2.80
<b>A</b> Cup of Wedges -	\$3.00
*light sour cream 50c extra	
*sweet chilli sauce 20c extra	
<b>G</b> Chicken burger (with lettuce & mayo)	\$5.00
<b>A</b> Fish Fingers x 4	\$2.50
<b>A</b> Sausage Roll (sauce 10c extra)	\$3.50
<b>A</b> Pie (sauce 10c extra)	\$3.50
<b>G</b> Baked Potato with either	
*ham, cheese, pineapple	\$5.00
* the lot - ham, cheese, pineapple	\$6.00
beetroot, sour-cream, coleslaw	
<b>A</b> Spaghetti & Meatballs	\$4.00
<b>A</b> Ham & Pineapple Pizza	\$4.00
<b>A</b> Cheesies- AVAILABLE LUNCH ONLY	\$1.50
tomato, bbq or garlic sauce	
<b>Can be pre-ordered in the morning</b>	

## DRINKS & SNACKS

<b>G</b> Corn thins (cracker)	30c
<b>A</b> Fruit Muffins -Large	\$1.00
<b>G</b> Carrot sticks	50c
<b>G</b> Milky Max Custard	\$2.00
<b>A</b> Twin pack cookies	80c
<b>G</b> Sultana's	20c
<b>G</b> Small popcorn	20c
<b>G</b> Piece of Fruit ( seasonal )	\$1.50
<b>A</b> Mamee Noodles (chicken or BBQ)	\$1.50

## WEEKLY SPECIALS

<b><u>MONDAY</u></b>	
<b>A Hot Ham &amp; Cheese Roll</b>	\$3.50
*with pineapple 50c extra	
<b><u>TUESDAY</u></b>	
<b>A Quesadilla</b>	\$4.00
*Ham & Cheese	
*Chicken & Cheese	
<b><u>WEDNESDAY</u></b>	
<b>A Fish &amp; Wedges</b>	\$5.00
<b><u>THURSDAY</u></b>	
<b>A Sweet Chilli Chicken Roll</b>	\$5.00
with Lettuce & Mayo	
<b><u>FRIDAY</u></b>	
<b>A Hot dog - *plain</b>	\$4.00
*tomato, bbq sauce or mustard 20c extra	
*cheese 50c extra	
<b>A 1/2 hot dog</b>	\$2.20

**Please use two separate bags when ordering hot and cold food.**

## DRINKS & SNACKS

<b>A</b> Nippy's Flavoured Milk 375ml	\$2.50
<b>G</b> Flavoured Milk 250ml	\$2.10
<b>A</b> Juice box 250ml	\$2.10
<b>G</b> Water 600ml	\$2.00
<b>A</b> Hot chocolate	\$2.00
<b>A</b> Nippy's Fruit Juice Cup	\$1.00
<b>A</b> Assorted Ice Creams from	\$1.00

## FRESH SALADS/SANDWICHES

<b>G Salad plate-</b> seasonal vegetables	\$7.50
pineapple & beetroot with either	
*crumbed fish or *sweet chilli chicken	
<b>G Salad box-</b> with either ham chicken or	\$6.50
tuna, with lettuce, cheese, cucumber,	
egg, & carrot	
<b>G Little lunch box-</b> sandwich with either	\$4.50
ham, cheese or vegemite with carrot sticks	
cucumber sticks & cheese cubes	
<b>G Sandwiches</b>	\$4.00
ham, tuna, curried egg, or chicken with	
lettuce, cheese & tomato (extra's 50c each)	
*Vegetemite	\$2.00
<b>G Wraps</b>	\$5.00
ham, tuna, curried egg, or chicken with	
lettuce, cheese & tomato (extra's 50c each)	
<b>G Roll</b> with lettuce, cheese, tomato & either	
tuna, chicken, ham, curried egg.	
*Single Cut	\$5.00
*Double Cut	\$6.00
<b>Extra's</b>	
cucumber, carrot, beetroot, gherkin,	50c each
pineapple	



**G** = Green category    **A** = Amber category  
According to the Right Bite Strategy for  
South Australian Schools and Preschools.





