

LAKE WINDEMERE B-7 SCHOOL CANTEEN PRICE LIST 2017 TERM 3

EVERY DAY ITEMS	
A Toasties ham & cheese	\$2.50
G Cheese Burger (lettuce & tomato)	\$4.50
G Garlic toasties	\$1.00
G Satay or Honey Soy Chicken & Rice	\$3.60
G Lasagne	\$3.60
G Macaroni & cheese	\$3.60
A Chicken Nuggets x 4	\$2.10
A Cup of Wedges -	\$2.20
*light sour cream 50c extra	
*sweet chilli sauce 20c extra	
G Chicken burger (with lettuce & mayo)	\$4.50
A Ham & Pineapple Pizza	\$3.50
A Sausage Roll (sauce 10c extra)	\$3.10
A Pie (sauce 10c extra)	\$3.10
G Baked Potato with either	
*ham, cheese, pineapple \$4.50	
* the lot - ham, cheese, pineapple \$5.50	
beetroot, sour-cream, coleslaw	
A Mexican Nachos	\$3.00
A Cheesies- tomato, bbq or garlic sauce	\$1.00
G Cup of Chicken Noodle Soup	\$2.00

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

DRINKS & SNACKS	
G Corn thins (cracker)	.20c
A Fruit Muffins -Large	\$1.00
G Carrot sticks	.50c
G Milo Custard	\$1.50
A Twin pack cookies	.70c
A Jelly fruit cup	.80c
G Yoghurt	\$1.50
G Sultana's	.10c
G Small popcorn	.20c

WEEKLY SPECIALS	
<u>MONDAY</u>	
A Hot ham & cheese roll.	\$3.00
<u>TUESDAY</u>	
A Hot fish & wedges (oven baked)	\$4.20
<u>WEDNESDAY</u>	
G Spaghetti Bolognese (canteen made)	\$4.00
<u>THURSDAY</u>	
A Sweet Chilli Chicken Roll	\$4.00
with Lettuce & Mayo	
<u>FRIDAY</u>	
A Hot dog - *plain	\$3.60
*tomato, bbq sauce or mustard 20c extra	
*cheese 50c extra	
Halal options available, please see canteen staff when ordering.	

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

DRINKS & SNACKS	
G Piece of Fruit (seasonal)	\$1.00
A Nippy's Flavoured Milk 375ml	\$2.50
G Flavoured Milk 250ml	\$2.10
A Juice box 250ml	\$2.10
G Water 600ml	\$2.00
A Hot chocolate	\$2.00
A Nippy's Fruit Juice Cup	\$1.00
G Up & Go Flavoured Milk	\$2.50

FRESH SALADS/SANDWICHES	
G Salad plate- seasonal vegetables	\$6.50
pineapple & beetroot with either	
*crumbed fish or *sweet chilli chicken	
G Salad box-with either ham, chicken or tuna, with lettuce, cheese, cucumber, egg, & carrot	\$5.50
G Little lunch box- sandwich with either ham, cheese or vegemite with carrot sticks cucumber sticks & cheese cubes	\$3.50
G Sandwiches	\$3.50
ham, tuna, curried egg or chicken with lettuce, cheese & tomato.	
Extra's	.50c each
Vegemite	\$1.50
G Wraps	\$4.50
ham, tuna, curried egg or chicken with lettuce, cheese & tomato.	
Extra's	.50c each

G Roll with lettuce, cheese, tomato & either tuna, chicken, ham, curried egg.	
Single Cut	\$4.00
Double Cut	\$5.50
Extra's	
cucumber, carrot, beetroot, gherkin, pineapple	



