

LAKE WINDEMERE B-7 SCHOOL CANTEN PRICE LIST 2018 TERM 3

EVERY DAY ITEMS

A Toasties ham & cheese	\$2.80
G Cheese Burger (lettuce & tomato)	\$5.00
G Garlic toasties	\$1.00
G Honey Soy Chicken & Rice	\$4.00
G Lasagne	\$4.00
G Macaroni & cheese	\$4.00
A Chicken Nuggets x 4	\$2.50
A Cup of Wedges -	\$2.70
*light sour cream 50c extra	
*sweet chilli sauce 20c extra	
G Chicken burger (with lettuce & mayo)	\$5.00
A Pizza Pie (NEW)	\$3.80
A Sausage Roll (sauce 10c extra)	\$3.50
A Pie (sauce 10c extra)	\$3.50
G Baked Potato with either	
*ham, cheese, pineapple	\$5.00
* the lot - ham, cheese, pineapple beetroot, sour-cream, coleslaw	\$6.00
A Mexican Nachos	\$3.50
G Spaghetti & Meatballs	\$4.00
A Ham & Pineapple Pizza	\$3.80
A Chicken Noodle soup	\$2.50

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

DRINKS & SNACKS

G Corn thins (cracker)	30c
A Fruit Muffins -Large	\$1.00
G Carrot sticks	50c
G Milo Custard	\$2.00
A Twin pack cookies	80c
A Jelly fruit cup	\$1.20
G Yoghurt	\$2.00
G Sultana's	20c
G Small popcorn	20c
G Piece of Fruit (seasonal)	\$1.50

WEEKLY SPECIALS

<u>MONDAY</u>	
A Quesadilla (NEW)	\$4.00
*Ham & Cheese	
*Chicken & Cheese	
* Tuna & Cheese	
<u>TUESDAY</u>	
A Cup chicken noodle soup & garlic toastie	\$3.50
<u>WEDNESDAY</u>	
A Cheesy Tater Bites x 6	\$3.20
<u>THURSDAY</u>	
A Sweet Chilli Chicken Roll	\$5.00
with Lettuce & Mayo	
<u>FRIDAY</u>	
A Hot dog - *plain	\$4.00
*tomato, bbq sauce or mustard 20c extra	
*cheese 50c extra	
A 1/2 hot dog	\$2.20
Halal options available, please see canteen staff when ordering.	

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

DRINKS & SNACKS

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
A Cheesies- AVAILABLE LUNCH ONLY	\$1.50
tomato, bbq or garlic sauce	
<u>Can be pre-ordered in the morning</u>	

FRESH SALADS/SANDWICHES

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


