



West Morley PS Summer Menu 2017-2018



RECESS PRE-ORDER ONLY

Cheesy Dog	\$2.00
A Yummy Drummies (2 Max)	
1 for \$2 OR 2 for \$3.50	
Pizza Bite	\$1.00
In Season 3 Fruits	\$2.00
Snack Pack	\$2.50
(Fruit, Veg Sticks, Cheese, Rice Crackers served with homemade hummus)	

AVAILABLE ALL RECESS

A Chocolate Muffin	\$2.10
A Choc Yogo (Snack 100g)	\$1.50
Apple Slinky	\$0.80
Fruit Toast	\$1.00
Vegemite on Toast	\$1.00
Air Cooked Popcorn	\$0.70
Cup of Milk	\$1.00
Milk topped with Milo	\$1.20
A Messy Monkeys	\$1.50

AFTER LUNCH SNACKS

A Moosie	\$2.00
A Billabong - Rainbow	\$2.00
A Billabong - Chocolate	\$2.00
Juicy Ice sticks	\$1.00
A Twisted Frozen Yoghurt Strawberry & Vanilla Bean	\$2.00

A = Amber Product

Important Information :

Our Canteen adheres to the Guidelines set out by the Department of Education Healthy Food and Drink policy where : Green Products can be sold everyday, **A** Amber can be sold 1-2 times per week and Red Products cannot be sold in the Canteen. The Traffic Light System ensures a wide range of foods that make up the majority of a healthy diet are on the menu. All Amber products have been highlighted. **A**

To help the Canteen run smoothly, lunch bags are provided outside the canteen. An envelope is also suitable. Please write NAME AND ROOM NUMBER clearly on the bag. Correct money is appreciated and please, no foreign coins. The Canteen Opens 8:00am each Monday and Friday.

Kindy and Pre-Primary are unable to order recess as fruit is shared in class.

LDC PARENTS: PLEASE MARK YOUR CHILD'S LUNCH ORDER CLEARLY WITH 'L.D.C., NAME AND ROOM' ON THE ENVELOPE OR BAG

If you would like to volunteer, or have any queries, please see Tina at the Canteen on Monday or Friday

LUNCH MENU

SALADS

\$6.00

Garden Salad served with cheese, mixed olives and a boiled egg

Caesar Salad served with croutons and homemade dressing (anchovies optional)

Rainbow Salad: A bed of greens fresh beetroot, carrot, cucumber served with Chickpeas and homemade Tahini dressing

Add a slice of buttered bread (white or wholemeal) **\$0.50**

Add Sweet Chilli Tenders **OR** Crumbed Fish Fillets

1 for \$2.00 **OR** 2 for \$3.00

HOT DOGS

Hot Dog and Tomato sauce **A** \$3.80

Hot Dog with Cheese and Tomato Sauce **A** \$4.30

Puppy Dog and Tomato sauce **A** \$2.30

Puppy Dog with Cheese and Tomato Sauce **A** \$2.60

TOASTED SANDWICHES

(white or wholemeal bread)

Ham & Cheese \$4.50

Ham, Cheese & Tomato \$4.80

Ham, Cheese & Pineapple \$4.80

* Chicken & Cheese \$4.50

* Chicken, Cheese & Pineapple \$4.80

Baked Beans \$4.00

Baked Beans & Cheese \$4.50

* Cheese \$4.00

WARM SUB ROLLS \$5.00

HAMBO Ham, Cheese and Pineapple

* WCM - Chicken and Mayo

* = Halal Accredited Products

A = Amber Product

BURGERS

Beef Burger with Salad and tomato sauce \$4.50 with cheese \$5.00

*Chicken Burger with Salad and mayonnaise \$4.50 with cheese \$5.00

Extras to add all Sandwiches and Burgers.

Beetroot, Pineapple, Cheese and Mayonnaise.

1 for \$0.50, 2 for \$0.80 or 3 for \$1.00

WRAPS

\$5.50

* Sweet Chilli Chicken Tenders

OR

* Crumbed Fish Fillets

Served with Crispy Lettuce, Cucumber and Snow Peas (Mayonnaise or Sweet Chilli Sauce)

SANDWICHES

(white or wholemeal bread)

Standard Salad - Lettuce, Cucumber, Tomato & Carrot

Ham & Salad \$4.50

* Chicken & Salad \$4.50

* Cheese & Salad \$4.50

* Egg or Curried Egg & Salad \$4.50

* Salad \$4.00

Vegemite \$1.60

Have on a White Knot Roll, add \$0.30

HOT FOODS

* Spiral Pasta \$4.70

* Lasagne \$4.70

A Nachos Dippers \$4.70

Pizza - Hawaiian \$4.00

Pizza - Meat Lovers \$4.00

A Sausage Roll \$2.70

A Cruiser Pie \$3.70

Add Tomato Sauce \$0.50

DRINKS

Chocolate Smash \$2.50

Banana Blast \$2.50

Strawberry Smash \$2.50

Tropical Juice \$1.50

Apple Juice \$1.50

Bottled water \$1.50

A Glee - Blackcurrent Burst \$2.50

A Glee - Rockin' Raspberry \$2.50

A Glee - Tropical Treat \$2.50

A Glee - Bubblegum Grape \$2.50