

Woden School Canteen Menu Term 3 2017

Food freshly prepared by the student canteen work team.

WEDNESDAYS

Recess only

Home Baked goods	\$1.50
Biscuits	.50c
Mini sausage roll / Spinach feta roll	\$2.00
Vegetable hot chips	\$2.00
Bliss Balls	.50c
Mini quiche	\$1.50

Drinks - lunch and recess

Water 350mL	\$1.50
Juices - apple, orange	\$2.00
Flavoured milk – chocolate, strawberry	\$2.50
Dairy free fruit smoothies - made fresh	\$3.00

Lunch only

Sandwiches

Vegemite	\$3.00
Meat, cheese, Salad	\$4.00

Wraps

Ham, Chicken, Cheese, Tomato, Salad (lettuce, Tomato, red onion, cucumber, Carrot) and mayonnaise Toasted	\$4.50
	\$0.50

Salad Box

Warm Roast pumpkin or beetroot Salad (lettuce, tomato, red onion, feta, dressing)	\$6.00
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Jumbo Spinach and Feta roll	\$4.00
Jumbo Sausage roll	\$4.00

Pumpkin soup and a roll	\$5.00
Fruit salad	\$3.00

*Gluten free, lactose free and vegetarian alternatives provided.
It is important that you indicate food allergies when ordering.*



Orders must be placed in the bucket at the front office on Wednesday mornings. Clearly write on a paper bag: name, year, lunch order with amount included.

If purchasing a weekly special, please state your preference for meat or vegetarian option.

WEEKLY SPECIALS

\$6.00

Week 1 Soup and a roll-pumpkin or chicken and corn

Week 2 Shepherd's pie – beef or vegetarian

Week 3 Curry – butter chicken or lentil

Week 4 Burritos – beef or bean

Week 5 Pumpkin and ricotta pasta bake

Week 6 Pizza – supreme or vegetarian

Week 7 Mexican bowl – chicken or bean

Week 8 Spaghetti bolognese – beef or veg

Week 9 Pad Thai – chicken or tofu

Week 10 Burgers – beef or veg

