

# The Woden School Canteen Menu Term 1 2019

Food freshly prepared by the student canteen work team.

## WEDNESDAYS

### Recess Only

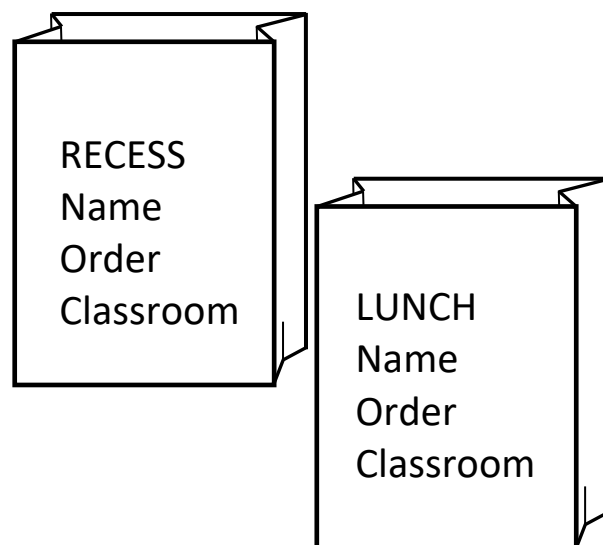
Vegetable Hot Chips	\$2.00
Mini Sausage/Spinach and Feta Rolls	\$2.00
Fruit Salad	\$3.00
Chocolate Brownie	\$1.50

### Drinks – Recess and Lunch

Water	\$1.50
Flavoured Milk – Chocolate, Strawberry	\$2.50
Juices – Apple, Orange	\$2.00
Dairy free fruit smoothie	\$3.00

### Lunch Only

Vegemite Sandwich	\$3.00
Sandwiches	\$4.00
Wraps	\$4.50
Available Fillings: Ham, Chicken, Cheese, Lettuce, Tomato, Red Onion, Cucumber, Carrot, Mayonnaise	
Toasted	+50c
Salad-Warm Roast Pumpkin or Beetroot with lettuce, tomato, red onion, feta and dressing	\$6.00
Jumbo Sausage/Spinach and Feta Rolls	\$4.00



### Lunch – Weekly Specials - \$6.00

**Week 1 – CLOSED**

**Week 2 – Pesto Pasta – Chicken or Vegetarian**

**Week 3 – Burgers – Chicken or Vegetarian**

**Week 4 – Burrito – Beef or Bean**

**Week 5 – Pie + salad – Chicken or Vegetable**

**Week 6 – Mexican bowl – Chicken or Tofu**

**Week 7 – Pasta Bolognese – Beef or Vegetarian**

**Week 8 – Pumpkin Frittata with Salad**

**Week 9 – Pizza – Supreme or Vegetarian**

**Week 10 – Stir Fry – Chicken or Tofu**

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

### How to Order

**Orders must be placed in the bucket at the front office on Wednesday mornings. Clearly write on a paper bag: RECESS or LUNCH, name, order, classroom and money included. If purchasing a weekly special, please state your preference for meat or vegetarian option. All food must be pre-ordered.**