

## Woden School Canteen Menu Term 3 2018

Food freshly prepared by the student canteen work team.

### WEDNESDAYS

#### Recess only

Muffins/ slices/cakes	\$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	\$4.50
Toasted	\$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
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Jumbo Sausage roll	\$4.00
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Fruit salad	\$3.00
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*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: 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 – Spaghetti bolognaise – beef or veg

Week 2 – Pizza – supreme or veg

Week 3 – Noodle stir-fry - chicken or tofu

Week 4 – Burritos – beef or bean

Week 5 - Stew – chicken or veg

Week 6 – Stroganoff – beef or veg

Week 7 – Curry – chicken or veg

Week 8 – Pasties – beef or veg

Week 9 - Laksa – chicken or tofu

Week 10 – Fish and Chips with Greek salad

