



# Two Wells Primary School Canteen Menu 2017



## Every day Lunch Items

|  |                     |               |
|--|---------------------|---------------|
| ★ Hamburger <b>HOMEMADE</b><br>Lettuce, tomato, cheese & sauce               | <b>GF available</b> | <b>\$4.50</b> |
| ★ Chicken Burger <b>HOMEMADE</b><br>Lettuce, tomato, cheese & mayo           | <b>GF available</b> | <b>\$4.50</b> |
| ★ Mini cheese or chicken burger <b>HOMEMADE</b><br>Cheese with sauce or mayo |                     | <b>\$2.70</b> |
| ★ Whole Hot ham & cheese roll<br>Sliced ham & grated cheese                  |                     | <b>\$4.50</b> |
| ★ Half hot ham & cheese roll<br>Sliced ham & grated cheese                   |                     | <b>\$2.70</b> |
| ★ Nachos <b>HOMEMADE</b><br>Corn chips, meat sauce & cheese                  |                     | <b>\$4.50</b> |
| ★ Macaroni cheese <b>HOMEMADE</b>  |                     | <b>\$4.50</b> |
| ★ Full serve spaghetti bolognaise <b>HOMEMADE</b>                            | <b>GF available</b> | <b>\$4.50</b> |
| ★ Half serve spaghetti bolognaise <b>HOMEMADE</b>                            | <b>GF available</b> | <b>\$3.00</b> |
| ★ SPC baked beans 220g   | <b>E GF</b>         | <b>\$2.20</b> |
| ★ SPC numbergetti 220g   | <b>E</b>            | <b>\$2.20</b> |
| ★ Vegemite sandwich  |                     | <b>\$1.50</b> |
| ★ Cheese sandwich  |                     | <b>\$2.00</b> |
| ★ Cheese & tomato sandwich   |                     | <b>\$2.00</b> |
| ★ Egg sandwich   | <b>E</b>            | <b>\$2.00</b> |
| ★ Ham sandwich   |                     | <b>\$3.00</b> |
| ★ Ham & cheese sandwich  |                     | <b>\$3.20</b> |
| ★ Ham, cheese & tomato sandwich  |                     | <b>\$3.50</b> |
| Add for toasted  |                     | <b>\$0.20</b> |

## Monday Special

|   |             |               |
|---|-------------|---------------|
| ★ Meatball sub <b>HOMEMADE</b><br>Meatballs, cheese, bolognaise sauce |             | <b>\$4.50</b> |
| ★ Baked potato ( <i>please indicate which number</i> )                | <b>GF</b>   | <b>\$5.00</b> |
| 1) Cheese melt (butter & cheese)                                      |             |               |
| 2) Ham & cheese (butter, ham & cheese)                                |             |               |
| 3) Hawaiian (butter, cheese, ham & pineapple)                         |             |               |
| ★ Mrs Mac's sausage rolls 120g  | <b>E GF</b> | <b>\$3.50</b> |
| ★ Wedges<br>Tomato sauce or sour cream & chilli sauce                 |             | <b>\$4.20</b> |

## Tuesday Special

|   |  |               |
|---|--|---------------|
| ★ Hot dog & sauce (tomato or BBQ)                     |  | <b>\$3.50</b> |
| ★ ½ hot dog & sauce (tomato or BBQ)                   |  | <b>\$2.00</b> |
| ★ Hot dog, cheese & sauce (tomato or BBQ)             |  | <b>\$4.00</b> |
| ★ ½ hot dog, cheese & sauce (tomato or BBQ)           |  | <b>\$2.50</b> |
| ★ Wedges<br>Tomato sauce or sour cream & chilli sauce |  | <b>\$4.20</b> |

## Wednesday + Friday Special

|   |  |               |
|---|--|---------------|
| ★ Chicken Nuggets – steggles  |  | <b>\$0.80</b> |
| ★ Nugget roll<br>Buttered long roll, 4 nuggets & sauce                |  | <b>\$3.70</b> |
| ★ Cheesy nugget roll<br>Buttered long roll, 4 nuggets, cheese & sauce |  | <b>\$4.20</b> |

## Thursday Special

|                               |  |               |
|-------------------------------|--|---------------|
| ★ Pizza                       |  | <b>\$4.20</b> |
| 1) Ham & pineapple            |  |               |
| 2) Ham & cheese               |  |               |
| 3) BBQ chicken                |  |               |
| 4) BBQ chicken with pineapple |  |               |



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## Every Day Recess Items

|  |           |        |
|--|-----------|--------|
| Vanilla choc chip cookies                                | <b>E</b>  | \$1.00 |
| Chocolate choc chip cookies                              | <b>E</b>  | \$1.00 |
| Plain popcorn  | <b>GF</b> | \$1.00 |
| Wafer biscuits (chocolate, strawberry & vanilla flavour) |           | \$0.10 |
| Chips  |           | \$1.30 |
| Grain waves sour cream                                   |           |        |
| Red rock deli honey soy chicken                          |           |        |
| Smith's salt & vinegar                                   | <b>GF</b> |        |
| Smith's original   | <b>GF</b> |        |
| Jelly & fruit  | <b>GF</b> | \$1.00 |
| Strawberry cheesecake & choc/banana cheesecake           |           | \$1.50 |
| Carrot sticks with dip                                   | <b>GF</b> | \$0.60 |
| Crackers, cheese & dip                                   |           | \$0.80 |

## Available Recess Only

|  |          |        |
|--|----------|--------|
| Monday – Pizza Muffins                       |          | \$0.60 |
| Tuesday – Mini Muffins                       | <b>E</b> | \$0.30 |
| Tuesday – Big Muffins                        | <b>E</b> | \$0.80 |
| Wednesday – Vegemite scrolls & pizza scrolls |          | \$0.60 |
| Thursday – ½ Finger Bun                      |          | \$1.20 |
| Thursday – Hash Browns                       |          | \$0.50 |
| Friday – Pancakes                            | <b>E</b> | \$0.60 |

## Ice Creams – Available Lunch Only

|                                 |        |
|---------------------------------|--------|
| Zooper Doopers                  | \$0.50 |
| Calippo Mini                    | \$1.00 |
| Icy twists                      | \$1.00 |
| Twirly pop                      | \$1.50 |
| Strawberry ice cream cup        | \$1.20 |
| Vanilla ice cream cup           | \$1.20 |
| Chocolate paddle pop            | \$2.00 |
| Banana paddle pop               | \$2.00 |
| Rainbow paddle pop              | \$2.00 |
| Swing (chocolate & strawberry)  | \$2.00 |
| Chocolate paddle pop thickshake | \$2.50 |

## Drinks

|  |           |        |
|--|-----------|--------|
| Flavoured milk 375ml                               | <b>GF</b> | \$2.80 |
| Chocolate, strawberry, honeycomb, vanilla & banana |           |        |
| Flavoured milk 250ml                               | <b>GF</b> | \$2.30 |
| Chocolate, strawberry, honeycomb, vanilla & banana |           |        |
| Nippys juice 300ml                                 | <b>GF</b> | \$2.20 |
| Orange, apple & apple & blackcurrant               |           |        |
| Nippys juice 250ml                                 | <b>GF</b> | \$1.70 |
| Orange, apple & apple & blackcurrant               |           |        |
| Water  | <b>GF</b> | \$1.00 |

**Green** category foods are the healthiest choices and should be encouraged and promoted. **Amber** – more processed foods, with some added salt, sugar and or fat, **MAY** fall into the **amber** section. **If vegetarian options required please see Canteen staff.**

**GF** = Gluten Free please specify on lunch bag      **E** = Contains Egg

Please include your child's name, the name of their teacher/or room number on lunch bag. Change will be returned at lunch time only. No credit accounts available. Ice blocks/creams cannot be ordered through lunch order bags. They can be brought directly from the canteen. Food brought from home cannot be heated up in the canteen due to health regulations.