

E.W.P.S. CANTEEN LIST - 2018 JAN / FEB

Lunch order bags = .10c each

SALAD PACKS

Salad	\$ 4.50
lettuce/tomato/carrot/cucumber/beetroot	
Chicken Caesar salad	\$ 5.00
Chicken salad, Ham salad,	\$ 5.00
Egg salad, Cheese salad	\$ 5.00



SANDWICHES, ROLLS OR WRAPS

White or Wholemeal

Vegemite or Cheese	\$ 2.00
Baked Beans or Spaghetti	\$ 2.20
Egg (add extras .50c each)	\$ 2.50
Ham (add extras .50c each)	\$ 3.00
Chicken (add extras .50c each)	\$ 3.50
Tuna or Salmon	\$ 3.50
Salad	\$ 4.00

Ham & cheese	\$ 3.50
Ham, cheese & tomato	\$ 4.00
Egg & lettuce	\$ 3.00
Salad & chicken / ham	\$ 4.80
Cheese & tomato	\$ 2.50
Cheese & salad	\$ 4.50
Chicken, lettuce & mayo	\$ 4.30



EXTRAS

Cheese	\$ 0.50
Tomato/Lettuce/Carrot/Beetroot/	\$ 0.50 each
cucumber	\$ 0.50 each
Avocado	\$ 1.00
Toasted	\$ 0.40

SAUCES

tomato/bbq/mayonaise/sweet chilli/caesar/mustard	\$ 0.30
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HOT FOOD

Chicken Stix	\$ 0.80
Chicken breast nugget	\$ 0.80
Party Pie	\$ 1.30
Hash brown triangles	\$ 1.00
Hot Cheese Roll	\$ 2.50
Sausage Roll - low fat	\$ 2.80
Cruiser Pie - low fat	\$ 3.20
Pizza - cheese / Hawaiian	\$ 3.20
Noodles - Chicken	\$ 3.00
Hot Dog & Sauce	\$ 3.00
Lasagne / Macaroni cheese	\$ 3.60
Chicken Burger	\$ 4.70
(lettuce & mayonnaise)	
Chicken Tenderloin Wrap	\$ 4.70
(lettuce & mayonnaise)	



LUNCH PACKS - \$5.50

Salad Sandwich	4 nuggets & sauce	sausage roll
slinky apple	slinky apple	sauce
water bottle	popper juice	slinky apple
		popper juice
Cruiser Pie & sauce		
slinky apple		
popper juice		



FRESH FRUIT (seasonal)

Slinky apples	\$ 1.00
mini fruit salad	\$ 1.50
yoghurt & fruit tub	\$ 1.50
Fruit salad sticks	\$ 0.80
Watermelon slice	\$ 0.80

SEASONAL FRESH FRUIT AVAILABLE

SNACKS

Warm popcorn	full bag	\$ 1.60
	half bag	\$ 0.80
Homemade muffins		\$ 1.20
(choc chip or banana)		
Homemade Banana Bread		\$ 2.00
Messy Monkey quinoa snacks		\$ 1.50
(burger)		
Red Rock Deli chips		\$ 1.50
(sea salt / chicken honey soy)		
Pretzels		\$ 1.20
Mamee Rice sticks		\$ 1.20
(cheese/vege)		

GLUTEN FREE PRODUCTS

Gluten Free Cookies	\$ 1.00
(Apricot / Chocolate)	

DRINKS

Plain Milk	\$ 1.40
Flavoured Milk (choc/strawberry)	\$ 1.80
Popper Juice	\$ 1.80
(apple/orange/tropical /apple blackcurrent)	
Orchy Juice	\$ 1.80
(apple / orange / apple blackcurrent)	
Water 300ml	\$ 1.00
600ml	\$ 1.50
LOL sparkling fruit drink	\$ 2.00
(Bcurrent, Tropkl, Razzbri)	
Quench Springwater	\$ 2.00
(apple raspberry/lemonade/cola/	
orange/lemon lime)	
Focus flavoured water	\$ 2.00
(berry/lemonade/fruit tingle)	

Cannot be ordered with lunch orders

ICED CONFECTIONERY

Quelch stick	full	\$ 1.00
	half	\$ 0.50
Frozen Juice cup (apple/orange)		\$ 1.40
Icy Poles (lemonade)		\$ 1.50
Slushy (99% fruit juice)		\$ 2.00
Billabong (choc, rainbow)		\$ 1.80
Moosies		\$ 1.80
(choc, strawb, banana)		
Juicies (tropical / berry)		\$ 1.40
Juicie Stick (tropica/lemonade)		\$ 1.40
Frozen Yoghurt (mango/strawb)		\$ 1.80
Gelato Cup		\$ 1.50
(vanilla, caramel)		

SCHOOL CAPS	\$9.00
SPORTS SOCKS	\$9.00