

E.W.P.S. CANTEEN LIST - 2011

BREAKFAST (from 9am)

Toast (per slice)	\$	0.30
Toast with vegemite	\$	0.50
Toast with cheese	\$	0.80

LUNCH ORDERS

lunch order bags = .10c each

SALAD PACKS

Salad	\$	4.00
lettuce/tomato/carrot/cucumber/beetroot		
Chicken Caesar salad	\$	4.50
Chicken salad, Ham salad,	\$	4.50
Egg salad, Cheese salad	\$	4.50

SANDWICHES, ROLLS OR WRAPS

White or Wholemeal

Vegemite or Cheese	\$	1.60
Bakes Beans or Spaghetti	\$	2.00
Egg	\$	2.00
Ham or Chicken	\$	3.00
Tuna or Salmon	\$	3.00
Salad	\$	3.80

EXTRAS

Please start with basic sandwich & add extras e.g. Salad & Chicken \$4.30

Egg / Cheese	\$	0.50
Chicken / Ham	\$	0.50
Tomato/Lettuce/Carrot/Beetroot/ cucumber	\$	0.50 each
Avocado	\$	0.70
Toasted	\$	0.40

SAUCES

	\$	0.30
tomato/bbq/mayonaise/sweet chilli		

HOT FOOD

Chicken Stix	\$	0.50
Chicken breast nugget	\$	0.55
Party Pie	\$	1.00
Potato Smiles	4/ \$	1.20
Hot Cheese Roll	\$	2.40
Sausage Roll - low fat	\$	2.50
Cruiser Pie - low fat	\$	3.00
Pizza - cheese / Hawaiian	\$	3.00
Noodles - Chicken / Beef	\$	2.80
Hot Dog & Sauce	\$	3.00
Lasagne / Macaroni cheese	\$	3.40

Chicken Burger	\$	4.20
(lettuce & mayonnaise)		
Chicken Tenderloin Wrap	\$	4.70
(lettuce & mayonnaise)		

LUNCH PACKS - \$5.00

Salad Sandwich	5 nuggets & sauce	sausage roll & sauce	Pie - low fat
slinky apple	slinky apple	slinky apple	slinky apple
water bottle	popper juice	popper juice	popper juice



FRESH FRUIT (seasonal)

Slinky apples	\$	1.00
mini fruit salad	\$	0.70
yoghurt & fruit tub	\$	0.70
strawberry & marshmallow stick	\$	0.60
Watermelon slice	\$	0.60

SEASONAL FRESH FRUIT AVAILABLE

SNACKS

Warm popcorn	full bag	\$	1.00
	half bag	\$	0.50
Homemade muffins		\$	1.00
(choc chip or banana)			
Homemade Banana Bread		\$	1.50
J.J. snack varieties		\$	1.20
(chicken/salt & vinegar/pizza)			
Red Rock Deli chips		\$	1.20
(sea salt / chicken honey soy)			
Pretzels		\$	0.80

GLUTEN FREE PRODUCTS

Gluten Free Cookies	\$	0.60
(Apricot / Chocolate)		

DRINKS

Flavoured Milk	\$	1.50
Popper Juice	\$	1.50
(apple/orange/tropical /apple blackcurrent)		
Fresh Juice	\$	1.50
(apple / orange)		
Water 300ml	\$	1.00
600ml	\$	1.50
LOL sparkling fruit drink	\$	1.60
(Bcurrent, Tropkl, Go Mango, Razzbri)		
Quelch Springwater	\$	1.60
(apple raspberry/lemonade/cola/ orange/lemon lime)		
Thorpedo flavoured water	\$	1.80
(berry/lemonade)		

Cannot be ordered with lunch orders

ICED CONFECTIONERY

Icy Bites	full	\$	0.50
	half	\$	0.25
Frozen Juice cup (apple/orange)	\$	1.00	
Icy Poles (lemonade/raspberry)	\$	1.00	
Slushy	\$	1.30	
Billabong (chocolate/triple swirl)	\$	1.30	
Moosies	\$	1.30	
(choc, strawb, banana, bubblegum)			
Juicies (tropical / berry)	\$	0.80	
Frozen Yoghurt	\$	1.50	

