

CANTEEN SUMMER MENU 2025

Healthy Food & Drink Choices

This policy was introduced in 2006 by the West Australian Government. This is the 'Traffic Light System' as foods are Categorised as Green, Amber and Red!

● **GREEN** - This colour indicates it is low in fat, sugar or salt and can be eaten or consumed regularly. It is the healthiest of choices.

● **AMBER** - Indicates that content of fat, sugar or salt is medium in these foods and can be eaten occasionally though not on a regular basis.

● **RED** - Indicates that the food is high in fat, sugar or salt. It is best to avoid these kinds of food and can be eaten only rarely.



BREAKFAST 7.30AM - 8.45AM

- Selection of Whole Fruit \$1.50
- Cheesie (Vegemite) \$2.50
- Breaky Burger (Vegie Patty, Egg, Beef Patty, Tomato Relish)..... \$6.00
- Fresh Fruit Salad 500ml \$4.50
- Up and Go (chocolate, strawberry, bannana & vanilla) \$2.50
- Yoghurt Cup with Granola & Berries \$4.00

ALL DAY

- Mini Pizza (Tomato, cheese, capsicum & chicken) \$4.00
- Chicken Fried Rice \$6.00
- Wedges (oven baked)..... \$4.00

DRINKS

- 250 Breaka Milk (Chocolate, strawberry) \$3.00
- Bluey Milk Drinks - Pop Top \$3.50
- Bubly 375ml Can (Berry, Lime)..... \$3.00
- 600ml Water..... \$2.50

MORNING RECESS AND LUNCH

TOASTIES

(Made With White, Wholemeal or Gluten Free Bread)

- Premium Roast Beef, Cheese, Tomato and Red Onion {NF} \$5.50
- Chicken, Cheese, Avocado, Capsicum & Sweet Chilli {H, NF} \$5.50

Gluten free bread \$1.00 extra

SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

- Egg, Mayo and Lettuce.....{H-LF-NF-V} \$4.50
- Premium Roast Beef & Salad {LF-NF} \$5.50
- Chicken & Salad..... {H-LF-NF} \$5.50
- Veggie (Lettuce, tomato, cucumber, red onion, carrot, capsicum & pickle relish) {H-LF-NF-V} \$4.50

(Salad Includes - lettuce, tomato, cucumber, spanish onion and carrot)

Gluten free bread \$1.00 extra

BURGERS

- Hamburger (Meat Pattie, Lettuce, Tomato, Onion, pickles & Tomato Relish) {H, LF, NF} \$6.50
- Chicken 'n' Slaw Burger (Oven baked chicken schnitzel and coleslaw salad) {H, LF, NF} \$6.00
- Veggie Burger (bubble & squeek, lettuce, tomato, cucumber, carrot, tomato relish) {H, LF, NF, V} \$5.50

Gluten free roll \$1.00 extra

SALADS

- Salad Bowl (half spinach, roast pumkin, fetta & balsamic and half coleslaw cabbage, onion, Carrot and mayo {H, LF, NF, V} small \$4.50 large \$7.50
- SQUEEZE ON SAUCE; tomato, BBQ & Sweet Chilli \$0.50

DAILY SPECIALS

Monday

- Oven Baked Hash Brown \$1.50
- Liten Up Sausage Roll {NF} \$4.00
- Oven Baked Chicken Nuggets & Coleslaw (6 nuggets and a cup of coleslaw) {H, LF, NF} \$4.50
- Pasta Bolognese - Homemade (Meat, tomato, carrot, onion, garlic & basil) {H, LF, NF} small \$4.00 large \$6.50

Tuesday

- Teriyaki Chicken Bowl (Rice, Cabbage, Onion, Ginger, Soy, Japanese Mayo & Chicken Breast) {H, LF, NF} large \$7.00
- Butter Chicken (Chicken, rice, tomato, corriander, onion, chilli, ginger, cumin, garlic, coconut milk) {H, LF, GF, NF} small \$4.50 large \$7.00

Wednesday

- Homemade Lasagna (Meat, tomato, onion, garlic, basil and pasta)..... {H, LF, NF} small \$4.00 large \$6.50
- Red Thai Chicken Curry (Chicken, rice, onion, capsicum, corriander, coconut milk, chilli, ginger) {H, GF, LF, H, NF} small \$4.50 large \$7.00

Thursday

- Homemade Sushi Rolls (Tuna & Teriyaki Chicken) {H, GF, LF, NF} \$6.00

Friday

- Liten Up Beef Pie \$4.50
- Caesar Salad (Cos lettuce, chicken, croutons, egg, cheese and ceasar dressing) {LF, NF} small \$4.50 large \$7.50
- Harvey Juice Box \$1.50
- Ice Cream Tub..... \$2.00