



# West Morley PS Summer Menu 2018-2019



## RECESS PRE-ORDER ONLY

|  |                                  |
|--|----------------------------------|
| Cheesy Dog   | \$2.00                           |
| Vegemite Cheesy  | \$1.50                           |
| <b>A</b> Mini Sausage Roll   | \$1.50                           |
| <b>A</b> Yummy Drumsticks (2 Max)                                      | 1 for \$2 <b>OR</b> 2 for \$3.50 |
| Pizza Bite   | \$1.00                           |
| Snack Pack   | \$2.50                           |
| (Fruit, Veg Sticks, Cheese, Rice Crackers served with homemade hummus) |                                  |

## AVAILABLE ALL RECESS

|  |        |
|--|--------|
| <b>A</b> Homemade Chocolate Muffin     | \$2.10 |
| <b>A</b> Homemade Pear & Banana Muffin | \$2.10 |
| Pikelets (2 per serve)                 | \$1.20 |
| Your Choice of Jam or Butter           |        |
| Apple Slinky                           | \$1.00 |
| Vegemite on Toast                      | \$1.00 |
| Cup of Milk                            | \$1.00 |
| Milk topped with Milo                  | \$1.20 |
| <b>A</b> Messy Monkeys                 | \$1.50 |

## AFTER LUNCH SNACKS

|  |        |
|--|--------|
| <b>A</b> Moosie  | \$2.00 |
| <b>A</b> Billabong - Rainbow                                 | \$2.00 |
| <b>A</b> Billabong - Chocolate                               | \$2.00 |
| Juicy Ice sticks   | \$1.00 |
| <b>A</b> Twisted Frozen Yoghurt<br>Strawberry & Vanilla Bean | \$2.00 |

\* = Halal Accredited Products  
**A** = Amber Product

## Important Information :

Our Canteen adheres to the Guidelines set out by the Department of Education Healthy Food and Drink policy where : Green Products can be sold everyday, **A** Amber can be sold 1-2 times per week and Red Products cannot be sold in the Canteen. The Traffic Light System ensures a wide range of foods that make up the majority of a healthy diet are on the menu. All Amber products have been highlighted - **A**

To help the Canteen run smoothly, lunch bags are provided outside the canteen. An envelope is also suitable. Please write NAME AND ROOM NUMBER clearly on the bag. Correct money is appreciated and please, no foreign coins. The Canteen Opens 8:00am each Monday and Friday.

Kindy and Pre-Primary are unable to order recess as fruit is shared in class.

**LDC PARENTS: PLEASE MARK YOUR CHILD'S LUNCH ORDER CLEARLY WITH 'L.D.C., NAME AND ROOM' ON THE ENVELOPE OR BAG**

**If you would like to volunteer, or have any queries, please see Tina at the Canteen on Monday or Friday**

# LUNCH MENU

## SALADS

**\$6.00**

**Garden Salad:** served with cheese, mixed olives and a boiled egg

**Rainbow Salad:** A bed of greens fresh beetroot, carrot, cucumber served with Chickpeas and homemade Tahini dressing

### Mediterranean Couscous Salad:

Broccoli Florets, Cucumber, Red Capsicum, Tomato, Chickpeas and Feta tossed through Couscous with a homemade Lemon Vinaigrette.

**Caesar Salad:** served with croutons and homemade dressing (anchovies optional)

**Summer Salad:** Cos Lettuce, Snow Peas, Radish, Orange Segments and Toasted Seed Mix (*Pumpkin, Sunflower and Poppy*) served with a homemade Basil and Chilli Dressing.

Add Sweet Chilli Tenders

**OR**

Crumbed Fish Fillets

1 for \$2.00 **OR** 2 for \$3.00

## HOT DOGS

Hot Dog and Tomato sauce **A** \$3.80

Hot Dog with Cheese and Tomato Sauce **A** \$4.30

Puppy Dog and Tomato sauce **A** \$2.30

Puppy Dog with Cheese and Tomato Sauce **A** \$2.60

## SANDWICHES

(white or wholemeal bread)

Standard Salad - Lettuce, Cucumber, Tomato & Carrot

Ham & Salad \$4.50

\* Chicken & Salad \$4.50

\* Cheese & Salad \$4.50

\* Egg or Curried Egg & Salad \$4.50

\* Salad \$4.00

Vegemite \$1.60

Have on a White Knot Roll, add \$0.30

## BURGERS

Beef Burger with Salad and tomato sauce \$5.00 with cheese \$5.50

\*Chicken Burger with Salad and mayonnaise \$5.00 with cheese \$5.50

## WRAPS

**\$5.50**

\* Sweet Chilli Chicken Tenders Wrap

\* Crumbed Fish Fillets Wrap

\* Yummy Drummy Wrap

Served with Crispy Lettuce, Cucumber and Snow Peas (*Mayonnaise, Tomato Sauce or Sweet Chilli Sauce Optional*)

## TOASTED SANDWICHES

(white or wholemeal bread)

Ham & Cheese \$4.50

Ham, Cheese & Tomato \$4.80

Ham, Cheese & Pineapple \$4.80

\* Chicken & Cheese \$4.50

\* Chicken, Cheese & Pineapple \$4.80

Baked Beans \$4.00

Baked Beans & Cheese \$4.50

\* Cheese \$4.00

## HOT FOODS

\* Spiral Pasta \$4.80

\* Lasagne \$4.80

**A** Nachos Dippers \$4.80

Pizza - Hawaiian \$4.00

Pizza - Meat Lovers \$4.00

**A** Sausage Roll \$2.70

**A** Cruiser Pie \$3.70

Add Tomato Sauce \$0.50

## DRINKS

Chocolate Smash \$2.50

Banana Blast \$2.50

Strawberry Smash \$2.50

Tropical Juice \$1.50

Apple Juice \$1.50

Bottled water \$1.50

**A** Glee - Blackcurrant Burst \$2.50

**A** Glee - Rockin' Raspberry \$2.50

**A** Glee - Tropical Treat \$2.50

**A** Glee - Bubblegum Grape \$2.50

**Extras to add all Sandwiches, Burgers and Wraps.**

Beetroot, Tomato, Pineapple, Cheese and Mayonnaise.

1 for \$0.50, 2 for \$0.80 or 3 for \$1.00