WINTERFOLD Canteen

OPEN
MON-WED-FRI
ORDER AT THE COUNTER BEFORE 08.45 AM
OR VIA QUICKCLIQ BEFORE 8.00AM

RECESS *ALSO AVAILABLE FOR LUNCH*

♥ **Popcorn**	**$0.50**
♥ **Pikelet** (GF available)	**$0.60**
♥ **Hard boiled egg**	**$1.00**
♥ **Frozen pineapple ring**	**$1.00**
♥ **Cucumber and carrot sticks**	**$1.50**
(add tzatziki)	**$0.50**
♥ **Slinky apple**	**$1.50**
♥ **Zucchini slice** (vegetarian)	**$2.00**
★ **Lemon and apple muffin**	**$2.00**
★ **Cheesie** (GF add $0.50)	**$2.00**
♥ **Baked beans cheesie** (GF add $0.50)	**$2.50**
♥ **Yoghurt, granola and fruit cup**	**$3.00**
♥ **Mixed fruit cup**	**$3.00**
★ **Snack box 1**	**$4.50**
pikelet, popcorn, slinky apple, juice (GF available)	
★ **Snack box 2**	**$4.50**
Zucchini slice, hard boiled egg, juice	
♥**Wrap sausage roll** (homemade)	**$4.00**
(pork, apple, zucchini and thyme)	
make it GF/ add tomato sauce	**$0.50**
♥**Spinach and ricotta roll** (homemade)	**$4.00**
make it GF/ add tomato sauce	**$0.50**

LUNCH

Everyday options

♥ **Pasta** medium or large	**$5.00/$7.00**
(pasta spirals coated in a smooth roast vegetable and tomato sauce, topped with cheese)	
♥ **Greek delight**	**$5.00/$7.00**
2 or 4 small lamb meatballs, with flatbread, tzatziki and tomato & cucumber salad.	
♥ **Sandwiches & Wraps**	**$3.50**
including 1 topping, either **fresh or toasted**, made on wholemeal bread and without butter. (Unless requested differently e.g. white or GF bread).	
Toppings; cheese, chicken, vegemite, egg & mayo, tuna & mayo, salad (lettuce, tomato, cucumber, carrot), baked beans, beetroot	
Extra topping	**$0.50**
Butter or mayo	**$0.20**

LUNCH SPECIALS

MONDAY

★**Burrito bowl**	**$7.00**
Rice topped with; either beef or vegetarian mexibeans, cheese, fresh tomato & coriander salsa, lettuce, corn and a dollop of Greek yoghurt	
♥ **Rice paper rolls**	**$6.00**
2 rolls, rolled with; vermicelli noodles, carrot, cucumber, lettuce, capsicum and coriander. Either with or without grilled chicken. Served with honey soy sauce	

WEDNESDAY

★**Beef burger**	**$7.00**
Homemade beef burger with; lettuce, tomato, cheese & tomato sauce served in a bun	
♥ **Chicken burger**	**$7.00**
Grilled chicken breast strips served in a bun with lettuce, cucumber, tomato cheese & mayonnaise	

FRIDAY

All our sushi is made with mayonnaise, which contains soy. Soy sauce available from the duty teacher

♥ **Sushi**	
Home made sushi rolls; Grilled teriyaki chicken, tuna & cucumber, egg & veg or cucumber/avocado only	
Full roll	**$7.00**
Half roll	**$3.50**
Add avocado to any roll	**$0.50**
♥ **Mini Pizza (GF available)**	
Margarita	**$4.00**
Chicken	**$4.50**
Chicken and pinapple	**$4.50**
Vegetarian (mushroom, capsicum, corn)	**$4.50**

DESSERTS

★ **Icy pole** whole	**$1.00**
★ **Icy pole** half	**$0.50**
★ **Twisted froyo cup;** strawberry	**$3.00**
vanilla or watermelon mango	
★ **Light vanilla ice-cream cup**	**$3.00**

We follow the Department of Education (new) Healthy Food & Drink Policy and Traffic Light System. The majority of our menu consists of green food items ♥ and amber foods items★ are limited. Red items are not available for purchase.

♥ = Healthy choice ★= Sometimes food

DRINKS

♥ **Water**	**$1.50**
★ **Juice box;** apple, orange, apple	**$2.50**
blackcurrant	
♥ **Full cream milk**	**$2.50**
♥ **Flavoured milk;** chocolate strawberry,	**$3.00**
★ **Chill juice** (100% fruit juice);	**$3.00**
Strawberry, blueberry, grape, watermelon.	