



Coburg West Primary School Canteen Winter Menu 2018

SIMPLE SANDWICHES	
Vegemite	\$ 2.50
Cheese	\$ 3.00
Vegemite and cheese	\$ 3.50
Buttered bread	\$ 1.50
SUPER SANDWICHES	
<i>Choose white bread or a wholemeal</i>	
Super salad with avocado or mayonnaise, using all our salad ingredients	\$ 5.00
Shredded 100% Chicken breast, Tuna or Ham Sandwich/Roll with 1 to 3 Fillings	\$ 6.00
Sandwich or Wrap with 1 to 3 Fillings	\$ 5.00
Extra fillings	\$ 0.60
<i>Fillings: cheese, egg, avocado, ham, tomato, carrot, cucumber, lettuce, mayonnaise</i>	
WRAPS	
Falafel Wrap ½: falefal balls, tomato, lettuce, cucumber and hummus (new item) VEGAN	\$ 6.00
Extra fillings: onion, cheese	\$ 0.60
Wrap with Chicken breast, Tuna or Ham salad wrap with mayonnaise ½	\$ 6.00
Cheese and salad wrap with mayonnaise ½	\$ 5.00
Extra fillings: cheese, egg, avocado,	\$ 0.60
TOASTED SANDWICHES	
Cheese toasty	\$ 3.50
Ham toasty	\$ 3.50
Ham and cheese toasty	\$ 4.00
Cheese and tomato toasty	\$ 4.00

Tomato & Ham toasty	\$ 4.00
SALADS	
CHICKEN SALAD: Chicken breast, tomatoes, lettuce, cucumber, carrot & italian dressing	\$ 5.00
TUNA SALAD- Tomato, Cucumber, lettuce, tomato and carrot (new item)	\$ 5.00
GARDEN SALAD- lettuce, tomato, carrot, cucumber, Italian dressing	\$ 4.50
HOT FOOD-	
Roasted red skinned potato wedges cooked with garlic (GF)	\$ 2.00
Beef and onion borek/ cheese and spinach borek (Vegetarian) – (tomato sauce \$0.50 cents)	\$ 2.50
Home- made beef Sausage Roll (tomato sauce \$0.50 cents)	\$ 4.00
Ricotta ravioli with homemade tomato sauce x 6 pieces (Vegetarian]	\$ 6.50
Spiral pasta with homemade tomato sauce (Gluten free)	\$ 5.50
Beef Lasagne (additive and preservative free)	\$ 6.50
Calzone (Pizza pocket filled with tomato and cheese) (Vegetarian)	\$ 6.50
Honey & Soy chicken drumettes (4) oven baked (Gluten free)	\$ 5.00
EVERYDAY SNACKS	
Garlic pita crisps (Vegetarian)	\$ 0.50
Carrot sticks with side serve of hummus dip (new item)	\$ 2.50
Popcorn with a sprinkle of coconut sugar (Gluten free)	\$ 1.00
Apple slinky (Gluten free)	\$ 1.50
Chocolate coconut wheel (Gluten free) (Made with pitted dates)	\$ 0.50
Fresh seasonal fruit (Gluten free/Vegetarian)	\$ 1.50
Jelly with fruit- flavour varies each week (Gluten free)	\$ 2.00
Honey Joy	\$ 1.00
Cup Cakes (new item)	\$ 1.50
Anzac Biscuits	\$ 1.00
Lemon Cake(seasonal)/Brownie Slice	\$ 1.50
Ice Cream- Choc, Rasp & Tropical- only available over the counter at service times.	\$ 1.50

DRINKS	
Nudie Orange Juice	\$ 2.00
Nudie apple juice	\$ 2.00
Nudie tropical juice	\$ 2.00
Appletiser-Sparkling apple juice	\$ 2.50
Hot Chocolate FULL CUP (Diary Free)	\$ 2.00
Hot Chocolate HALF CUP (Diary Free)	\$ 1.00
**canteen menu is subject to change throughout the year.	

CANTEEN NOTES

*The canteen is 8.30-4pm from Wednesday to Friday. All lunch orders to be handed in the day before or at latest before 9am the morning of and the lunch order must state the following details on the envelope:

Childs name, class, the DAY/DATE the lunch order is required, your food selection and correct money to be enclosed in envelope.

*We use 100% real chicken breast for sandwiches so please ensure you allow us up to 24hrs notice when ordering any chicken item for lunch orders. We need enough time to defrost them overnight.

We are always in need of an extra pair of hands so anybody that may be interested in volunteering come down and have a chat to Vee or Anna and we will get your details on file for Term 3 and Term 4 rosters in 2018.

***Big thank you to all the volunteers who continue to give up their spare time to assist us in the canteen each week we appreciate all your hard work and dedication😊**

If you have any questions regarding the menu or any other enquiry contact us on 9386 1286.

Thanks for supporting Canteen 😊