

WHEELER BITES CANTEEN - Menu 2009 Term 2

- Clearly mark your child's name and class in the middle of the bag (see over for details). Bags supplied by the Canteen are 10c.
- ONLY SUSHI LUNCH ORDERS ON FRIDAY FOR CHILDREN PLAYING PSSA SPORT.**
- (G) Indicates a green rated item which is encouraged. (A) Indicates an amber rated item - please select these items carefully.
- Canteen Managers: Jane Page (M, Th, F) and Kath Kelly (Tu, W). Canteen telephone 9971 8352 Hours 8.45am to 1.50pm.

DAILY SPECIALS

Available on these days only

MONDAY SUSHI \$2.50

(Please specify chicken or cooked tuna)

TUESDAY CHICKEN BURGER \$3.00

(Breast fillet on flat roll with lettuce and mayo)

WEDNESDAY NACHOS \$3.00

(corn chips topped with meat sauce & cheese)
With sour cream **\$3.30**

THURSDAY HOT DOG \$2.50

(with tomato sauce)

POTATO WEDGES \$2.50

(in a carton with your choice of sauce)
With sour cream **\$2.80**

FRIDAY SUSHI \$2.50

(Please specify chicken or cooked tuna)

SANDWICHES

Butter

Wheeler Bites Canteen Information 2009 Term 2

Welcome to our updated Wheeler Bites Menu. Please look closely at the menu as we have introduced new products and discontinued others.

What are the G's and A's on the menu? The State government has mandated that canteens will be "healthy".

G - GREEN - Fill the Menu

A - AMBER - Select carefully



SALAD BOX

All Salad Boxes include lettuce, tomato, carrot, beetroot and cucumber and are Green items.

| | | | | |
|--|--------|----------------------|--------------------|------|
| Garden Salad | \$3.00 | Salad Extras: | Cheese | .30c |
| Ham/Chicken/Tuna Salad | \$3.50 | | Egg | .50c |
| Caesar Salad (lettuce, egg, ham, croutons) | \$3.50 | | Dressing | .20c |
| Chicken Caesar | \$4.00 | | (French / Italian) | |

JAFFLES

| | | | | | |
|-------------|-----|--------|-----------------------|--------|-----|
| Spaghetti | (G) | \$2.00 | Jaffle Extras: | Cheese | .30 |
| Baked Beans | (G) | \$2.00 | | Tomato | .30 |
| Cheese | (G) | \$2.00 | | | |
| Ham | (G) | \$2.80 | | | |

HOT FOOD

| | | | | | |
|-----------------------|-----|--------|----------------------------|-----|--------|
| Snack Pie | (A) | .80 | Chicken Wedges - pack of 3 | (A) | \$2.00 |
| Cheese & Bacon Roll | (A) | \$1.50 | Pie - large | (A) | \$2.50 |
| Sausage Roll | (A) | \$2.00 | Twista Bolognaise | (A) | \$3.00 |
| Hawaiian Pizza Single | (A) | \$2.00 | Tomato Sauce Portion | | .20 |

BAKERY ITEMS

A variety of fresh baked goods are available for counter sales only. These may include muffins, cookies and slices. Prices range from 20c to 50c.

SNACK FOOD

| | | | |
|--------------------------|-----|--------------|--|
| Fresh Fruit seasonal | (G) | .60 | |
| Fruit Salad | (G) | \$1.50 | |
| Apple Spiral | (G) | .60 | |
| Garlic Bread | (A) | .50 | |
| Popcorn (full bag only) | (G) | \$1.00 | |
| Finger Bun (full / half) | (A) | \$1.50 / .80 | |

DRINKS

| | | |
|--|-----|--------|
| Water 600ml | | \$1.00 |
| 100% Juice 200ml | (G) | \$1.00 |
| <i>(apple, orange, apple blackcurrant)</i> | | |
| Flavoured Milk 300ml | (G) | \$1.00 |
| <i>(chocolate, strawberry, banana)</i> | | |
| Sparkling Water | (A) | \$1.50 |
| <i>(lemon, grape, strawberry, guava)</i> | | |

FROZEN FOOD

| | | | | | |
|--------------------------------|-----|--------|------------------------------|-----|--|
| Frozen Orange Quarter | (G) | .10 | Shot Cups | (G) | .20 <i>(various flavours as available)</i> |
| Frozen Pineapple Ring | (G) | .40 | Juicee <i>(frozen juice)</i> | (G) | .60 <i>(tropical or wildberry)</i> |
| GoGurt <i>(frozen yoghurt)</i> | (G) | .70 | Moosie <i>(frozen milk)</i> | (A) | \$1.00 |
| Lucky Dip Ice Blocks | (A) | \$1.00 | Icy Pole | (A) | \$1.00 <i>(lemonade or raspberry)</i> |
| Frozen Flavoured Milk | (G) | \$1.00 | Slushy <i>(summer)</i> | (G) | \$1.50 <i>(lime or blackcurrant)</i> |

(must be pre-ordered for all students before school)