

# MANLY WEST CANTEEN SUMMER MENU 2009



DAILY SPECIALS	HOT FOOD EVERYDAY
<b>MONDAY</b> Pizza Roll \$3.00 ½ Pizza Roll \$2.00	Lasagne (G) \$3.90 Chicken Wedges (4) (a) \$2.90 Hot Chicken Roll (G) \$3.00 Hot Cheese Roll (G) \$2.50 Hot Cheese & Ham Roll (G) \$3.30 Corn Cobs \$0.90 Meatballs (5) (A) \$2.00 Sushi (G) (Teriyaki Chicken or Tuna) \$2.80
<b>TUESDAY</b> Fish & Chips with salad \$4.00 <u>Pick up from canteen</u>	<u>Sauces</u> Tomato, BBQ, Sweet & Sour Mayonaise \$0.20c
<b>WEDNESDAY</b> Portuguese Chicken Burgers \$3.50	<b>LUNCH BAGS \$0.10</b>
<b>THURSDAY</b> Pasta Bolognese \$4.00 <u>Pick up from canteen</u>	<b>Sandwiches for everyday</b> (Available on white or wholemeal bread. Rolls extra 30c)
<b>FRIDAY</b> All these items are available for PSSA children, however, orders <b><u>MUST</u></b> be in by morning bell.	Ham/chicken \$2.50 Tuna \$2.50 Vegemite \$1.10 Cheese \$1.60 Salad \$2.20 (lettuce, tomato, cucumber, carrot, beetroot optional) Egg \$1.50 <u>Extra Fillings</u> Salad \$1.10 Egg/Cheese \$0.60
Hot Pie \$2.80 Hot Sausage Roll \$2.20  Special Chicken Schnitzel Sushi (G) DAILY SUSHI IS ALSO AVAILABLE \$2.60	<b>Lunch Order Bags \$0.10</b>

DON'T FORGET TO WRITE YOUR NAME AND CLASS  
ON YOUR LUNCH BAGS.

Please Place Orders at the Canteen by Morning Bell.

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MORNING TEA		LUNCHTIME	
ITEMS WITH ASTERISK MAY BE ORDERED FOR LUNCH. ALL OTHER ITEMS ARE <b>NOT</b> AVAILABLE FOR LUNCH ORDERS		AS FOR MORNING TEA EXCEPT FOR HOT FOOD	
Finger Bun (A) Half *	\$0.80	Jelly Cups	\$0.30
Whole *	\$1.60		
		Frozen Yoghurt	\$1.90
Pizza Sub*		Frozen Fruit Cup	
\$1.90		Apple, Orange, Pineapple	\$0.70
Chicken Chilli Tenders (A)	\$1.50	<b>Slushies Strawberry/ Mango</b>	<b>\$1.50</b>
		STREETS	
Orange Quarter (G)	\$0.20		
Carrot Stick * (G)	\$0.10	Icy Twist	\$1.00
		Calippo	\$0.90
Popcorn * (G)	\$1.10		
Jumpy's * (A)	\$1.00	Paddle Pops Choc/Rainbow	\$1.40
Fruit * (as available)	varies	Juice* 250ml apple, orange	\$1.40
		Apple blackcurrant, tropical	
Frozen Pineapple rings	\$0.60	375ml apple/orange*	\$1.80
Banana Bread * (A) ½ slice	\$1.00	<u>Plain Milk</u> *	
1 slice	\$2.00	\$1.00	
Home Made Cookies*		Chocolate, Strawberry,	
\$0.70		Banana Flavoured Milk*	
		\$1.40	
Assorted Fruit Muffins *		Bottled Water *	
(no chocolate) (A)	\$0.70	\$1.20	

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FOOD CATAGORIES    G= GREEN    A= AMBER    R= RED