

CANTEEN PHONE: 9958 4933

LUNCH ORDERS TAKEN FROM
8.15AM - 9.30AM
CANTEEN CLOSSES AT 1.45pm

WGHS STUDENTS
MENU

Price List for Term 4 2009
Lunch Orders

Please place lunch orders by 9am
Lunch Bags, plastic Forks & Spoons may be
purchased at the Canteen for 5c each



**PLEASE DO NOT SEND LARGE
AMOUNTS OF MONEY FOR COUNTER
SERVICE FOREIGN COINS WILL NOT
BE ACCEPTED**

**** GLUTEN FREE PRODUCT**

SANDWICHES

Lunch orders only

White, Wholemeal or Multigrain bread
Add 20 cents for a white or brown roll



Buttered Only	\$1.00
Vegemite	\$1.50
Tomato	\$2.00
Baked Beans	\$2.00
Cheese	\$2.00
Egg	\$2.00
Tuna	\$2.50
Ham	\$3.00
Roast Chicken.....	\$3.00
Salad	\$3.00
Salad + Ham or Chicken or Tuna	\$4.00

Add 50 cents for each extra

EXTRAS - lettuce, tomato, sprouts, cucumber,
beetroot, carrot or cheese
Mayonnaise (97% fat free) 20c

Garden Salad Box.....	\$2.50
With Chicken, Ham or Tuna	\$3.00

Willoughby Wrap..... \$4.00
(Tortilla with salad plus your choice of Chicken,
Ham or Tuna with avocado, hommus or butter)

HOT FOOD

Tomato Sauce Sachet.....	20c
Corn on Stick **	80c
Chicken & Corn Roll in a bag.....	\$1.20
Chicken Nuggets (4).....	\$2.00
Junior Pie.....	\$1.80
Sausage Roll.....	\$2.00
Meat Pie.....	\$2.50
Pizza Pie.....	\$2.50
Spinach & Ricotta Roll.....	\$2.50
Potato Pie.....	\$3.00
Hot Dog without sauce	\$2.00
Hot Dog with sauce	\$2.20
Vegetarian Lasagne	\$3.00
Meat Lasagne	\$3.00
Twista Bolognaise	\$3.00
Hokkien Noodles	\$3.00
Fried Rice.....	\$3.00
Vegetarian Fried Rice.....	\$3.00

DAILY SPECIALS

MONDAY

Butter Chicken & Rice..... \$4.00

TUESDAY

Sushi..... \$2.70

Tuna**, Chicken or Vegetable**



WEDNESDAY - BURGERS

Chicken Burger..... \$4.00
chicken pattie, light mayo, lettuce & tomato

Vegie Burger..... \$4.00
vegie pattie, lettuce, tomato & sauce

THURSDAY

Sweet Chilli Chicken Wrap..... \$4.00
sweet chilli chicken tenders, lettuce, carrot,
tomato & light mayo

FRIDAY

Macaroni Cheese..... \$3.00

DRINKS & COLD ITEMS

Plain Milk (300 ml)	**\$1.00
Bottled Flavoured Milk (300 ml) **	\$1.60
Chocolate or Strawberry	
Carton Iced Coffee (375 ml).....	\$1.60
Up & Go.....	\$1.60
Chocolate, Strawberry or Vanilla	
Mini Pump 400 ml **	\$1.20
Mt Franklin Water 600 ml **	\$1.50
Pump Water 750 ml **	\$2.00
Popper Just Juice 100% **	\$1.20
Apple/Blackcurrant, Apple, Orange, Paradise Punch	
Pop Top Smart Juice 100% Juice	\$1.50
Apple/Blackcurrant, Apple, Orange	
Vaalia Low Fat Yoghurt **	\$1.50

AVAILABLE FOR BREAKFAST

English muffin	50c
Café Style Raisin Toast	\$1.00
Cheesemelt.....	\$1.00
Hot Chocolate **	\$1.50
Yoghurt (Low Fat) **	\$1.60
Bottled Flavoured Milk **	\$1.60
Carton Iced Coffee (375 ml).....	\$1.60
Up & Go.....	\$1.60

RECESS AND LUNCH

OVER THE COUNTER PURCHASES ONLY NOT AVAILABLE AS LUNCH ORDERS

Garlic or Herb Slices.....	20c
Potato Nuggets **	60c
Mini Pizza	\$1.00
Cheesemelts (melted cheese on bun)	\$1.00
Pizza Singles - ham & pineapple	\$1.50
Chicken Fingers.....	\$1.50
Bolognese Roll.....	\$2.00

SNACKS

Items below may be added to lunch orders or purchased over the counter

'Want Want' Rice Crackers.....	10c
Shelly Rice Crackers.....	20c
Breadsticks	50c
Jumpys - BBQ or Chicken	80c
Rice Cracker Mix.....	80c
Pretzels.....	80c
Sun rice Rice Cakes.....	\$1.00
BBQ ** or Chicken**	
Popcorn	\$1.00
BBQ, Chicken or Plain **	
Red Rock Deli Chips	\$1.00
Honey Soy	
Piranha Snacks.....	\$1.00
100% Fruit Juice Jelly Cup **	60c
Mousse in a cup**	\$1.00
Cheese & Crackers	\$1.20
Fruit in Season **	70c
Slinky Apple **	80c
Banana Bread.....	\$1.00



ICEBLOCKS & ICE CREAMS

NOT AVAILABLE IN A LUNCH ORDER

Fruit Sticks (99% fruit juice) **	50c
Paddle Pop	\$1.30
Moo.....	\$1.30
Frozen Yoghurt	\$1.80
Peach & Mango ** or strawberry **	
Blizzard Frozen Ice **	\$1.50
(99% fruit juice)	