WIZECRACKA
SMART NUTRITION

Canteen Open Thursday

MENU

Pre - Order your Meal to Guarantee your selection

Clearly Place your Name and Year Level on an envelope or paper bag

Home made Meals

See attached Weekly special for Term 2

Pasta Bolognaise	$4.50
Fried Rice	$4.50
Honey mustard chicken with rice	$4.50
Thai Green Curry Chicken with rice	$4.50
Sweet 'n' Sour Chicken with rice	$4.50
Country Chicken Pasta	$4.50
Chow mien	$4.50
Cottage Pie	$5.00

Baked Potato's - Pre Order Only

Classic - Cheese & sour cream	$3.50
OMG - cheese bacon coleslaw & sour cream	$5.00
Bolognaise - Pasta sauce & cheese	$5.00

Chicken Schnitzel Sub - Pre Order Only

Classic - lettuce mayo in a roll	$4.00
Hawaiian - Lettuce, pineapple, cheese & mayo	$4.20
Zesty Spice- lettuce tomato cheese & sweet chili sauce	$4.20
Home Garden - lettuce. Tomato, carrot cucumber & beetroot & mayo	$4.50
Vegie Sub - veggie pattie lettuce, cheese, tomato & mayo	$4.50

6 inch Wraps

Chicken tender with lettuce & mayo	$2.80
lettuce & sweet chili sauce	$2.80

Hot Food

Chicken Nuggets (6)	$3.00
Chicken Nuggets (3) & oven baked wedges	$3.80
Fish Bites & oven Baked wedges	$4.50
Tomato Sauce	$0.30

Pizza (Available at Recess)

Homemade Hawaiian Pizza slice	$2.00
Homemade Margherita Pizza Slice	$2.00

Toasties (Available at Recess)

Vegemite	$2.50
Cheese	$2.50
Ham & Cheese	$3.20
Ham Cheese & Tomato or Pineapple	$3.50
Chicken & Cheese	$3.50
Chicken cheese and Pineapple or Tomato	$3.80

****Pre Order by Thursday Recess**
****No Frozen treats in Pre Orders**

Salad Bar

Fruit Salad - Seasonal	$3.50
Fresh Chicken Salad	$5.00
Ham Salad	$5.00
Tuna Salad	$5.00
Egg Salad	$4.20

with mixed lettuce, tomato, cucumber, celery, carrot, capsicum, beetroot, cheese

Choice of dressing

Balsamic
Honey mustard
Ranch
French dressing (lite)

Salad Sandwiches / Wraps

Mixed lettuce, tomato, carrot, cucumber cheese beetroot & mayo

Fresh Chicken Breast	$4.80
Ham	$4.40
Tuna	$4.80
Egg	$4.20
Roast Beef	$4.60
Turkey	$4.80

Snacks (Available at Recess)

Sea Salt or Honey Soy Chips	$1.50
Piranah Snacks BBQ	$1.50
Grain Waves Sour Cream	$1.50
Jelly Cups	$1.50
Yoghurt	$2.00
Fresh Fruit (Seasonal)	$1.00
Home made Coconut Slice / Anzac Slice	$2.80
Homemade Blueberry or Banana Muffins	$2.50

Frozen Treats (Available at Recess)

Zooper Doopers	$1.00
Mini Calipos or Icy Twist	$1.20
Paddle pops -Choc, rainbow & banana	$1.50

Drinks (Available at Recess)

Water	$1.50
Fresh Milk - Oak Flavours	$2.80
Strawberry	$2.80
Chocolate	$2.80
Iced coffee	$2.80
UP & Go	$2.80

Primary Students can only purchase water