



# Dubbo West Public School Canteen Menu 2018

Infants- Weds, Thurs, Fri. 8:45a.m – 12pm

Primary- Mon & Tues 8.45am – 12pm

Weds, Thurs, Fri. 8:45a.m – 1:55p.m.

★ Indicates a healthier option according to the healthy canteen guidelines

## Breakfast: (primary only)

★ Brekky Cup (fruit, oats, custard, yoghurt)	\$1.50
★ Ham & Cheese toasted Wrap	\$2.20
Bacon & Egg Muffin	\$2.50

## Drinks:

★ Water - Large (600ml)	\$1.60
★ Chocolate Milk (300ml)	\$2.50
★ Strawberry Milk (300ml)	\$2.50
★ Apple Juice (100% juice)	\$2.50
★ Orange Juice (100% juice)	\$2.50

## Sandwiches:

Vegemite	\$1.50
★ Honey	\$1.50
★ Cheese	\$2.00
★ Egg	\$2.00
★ Ham	\$2.00
★ Egg & Lettuce	\$2.50
★ Ham & Cheese	\$2.50
★ Salad	\$3.00
★ Ham, Cheese & Tomato	\$3.00
★ Chicken	\$3.00
★ Chicken, lettuce & mayo	\$3.50
★ Ham & Salad	\$4.30
★ Chicken & Salad	\$4.30

## Salad Boxes:

★ Small Salad	\$2.00
★ Large Salad	\$3.00
★ Large Egg & Salad	\$3.50
★ Ham & Salad	\$3.50
★ Ham, Egg & Salad	\$4.10
4 Chicken Fingers & Small Salad	\$4.20
★ Chicken & Salad	\$4.50
★ Chicken, Egg & Salad	\$5.10

**Salads include lettuce, cheese, tomato and carrot, cucumber & beetroot**

**Small salads include lettuce, cheese, tomato and carrot**

## Snacks:

★ 2 pieces of Cheese	\$0.20
2 crackers	\$0.20
★ 2 slices of Oranges	\$0.20
★ Carrot Stick	\$0.20
★ Popcorn	\$0.60
★ Boiled Egg	\$0.60
★ Fresh Fruit Pieces	\$0.80
★ Custard Mousse	\$0.80
Jelly	\$0.80
★ Corn on the Cob	\$0.80
★ Fruit Salads Tubs	\$1.20
Honey Soy Chips	\$1.20
Sea Salt Chips	\$1.20
★ Brekky Cup (fruit, oats, custard, yoghurt)	\$1.50

## Ice Blocks:

★ Quelch Fruit Sticks	\$0.60
Mini Callipo	\$1.00
Frozen Yoghurts	\$2.00

## Hot Foods:

★ Toasted Ham & Cheese Wrap	\$2.20
Snack Pies (low fat) 85g	\$2.00
5 x Chicken Fingers (max)	\$2.50
Chicken Finger Wrap (4 fingers, lettuce on a wrap)	\$3.00
Chicken Tender Wrap	\$3.00
Sausage Rolls (low fat)	\$3.00
★ Lasagne	\$3.50
★ Spaghetti Bolognaise	\$3.50
★ Cheese Burger (beef patty & cheese)	\$3.80
★ Beef Burger (beef patty, lettuce, cheese, tomato, beetroot)	\$4.50

## Toasted Sandwiches:

★ Cheese	\$2.40
★ Ham & Cheese	\$2.90
★ Cheese & Tomato	\$2.90
★ Ham, Cheese & Tomato	\$3.40

## Extras

Tomato sauce portion	\$0.40
Sweet & Sour sauce portion	\$0.40
Roll	\$0.40

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