



HOW TO ORDER LUNCH ORDERS:

- ◆ All hot food and sandwiches must be ordered before 10am.
- ◆ Please supply your order **CLEARLY WRITTEN** on a large bag. The canteen can supply at an additional charge of \$0.20.
- ◆ Printed lunch bags are available at the canteen at \$1.00 for 20 bags.
- ◆ Correct money is very much appreciated.



IMPORTANT CANTEEN NOTES:

The Canteen will be open for lunch orders on Monday, Wednesdays & Fridays.

On these days Counter Sales are available at morning recess and lunchtime until 1pm.

Please check on your weekly Linkletter for canteen updates as changes and special days occur during the year.

The Canteen only runs with the vital support of parent volunteers. If you can help out please contact Sharyn on mobile 0407 841 649 or the office staff on 9435-4617.

If you have offered help, the canteen roster is printed each week in the Linkletter



*Watsonia
Heights Primary
School*

CANTEEN MENU



"Strive for the Heights"

2009

*Lunch Orders can be ordered
on Monday, Wednesdays &
Fridays*

Canteen is managed by
Sharyn Pedersen and supported
by volunteer parents.



CANTEEN MENU 2009

HOT FOOD

Item

TWISTA PASTA (97% Fat Free)	\$2.60
PIE *Low Fat	\$2.60
PARTY PIES *Low Fat	\$1.00
SAUSAGE ROLL *Low Fat	\$1.50
FRIED RICE *98% Fat Free	\$2.60
CHICKEN NUGGETS	\$0.50
MINI PIZZA	\$2.30
HOT DOG WITH CHEESE	
*Low Fat	\$2.40
HOT DOG *Low Fat	\$2.30
DIM SIM	\$0.70
CORN COB	\$0.70
10 POTATO GEMS	\$1.50
HOT HAM ROLL	\$2.00
HOT HAM & CHEESE ROLL	\$2.50
HOT BEEF OR CHICKEN ROLL	\$3.00

Sauces Available:

Tomato, BBQ or Sweet n Sour,
Soy Sauce

*(Please indicate your sauce, if any that
you require on your order)*

HOT POTATOES

Item

BUTTER	\$1.70
CHEESE	\$2.00
TUNA, BEANS OR SPAGHETTI	\$2.50
BUTTER & CHEESE	\$2.20

JAFFLES

Item

BEANS & CHEESE	\$2.50
SPAGHETTI & CHEESE	\$2.50
HAM & CHEESE	\$2.50
TUNA	\$2.50
TUNA & CHEESE	\$2.50
BEEF	\$2.50
CHICKEN	\$2.50

SANDWICHES / TOASTED

Item

CHICKEN	\$2.20
TUNA	\$2.20
HAM OR CHEESE	\$2.00
VEGEMITE	\$1.00
SALAD	\$2.20
HAM & SALAD	\$2.50
CHICKEN & SALAD	\$2.50
HAM & CHEESE	\$2.50
BEEF	\$2.20
BEEF & SALAD	\$2.50
SALAD BOWL	\$2.50

FOCCACIAS

Also available toasted. Please list your fillings on your order.

Fillings

HAM, CHEESE, MAYONNAISE, LETTUCE, CHICKEN, BEEF OR TUNA	\$4.00
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WRAPS

Please list your fillings on your order.

Fillings

CHICKEN, LETTUCE, MAYONNAISE, CARROT, CHEESE, BEEF OR TUNA	
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Item

HALF WRAP	\$2.50
FULL WRAP	\$3.50

DRINKS

Item

WATER: 350ML	\$0.70
600MLS	\$1.10
JUST JUICE * Available in Apple, Apple & Blackcurrant, Orange & Paradise Punch.	\$1.50
BIG M * Available in Chocolate, Strawberry & Honeycomb.	\$1.50
POP TOPS *Available in Apple, Orange and Multi-V	\$1.50

COUNTER SALES

*These items are available to purchase at morning
recess and lunchtimes. Soups are not available
with lunch orders.*

Item

SOUP: 1 CUP	\$0.50
: HALF CUP	\$0.30
HOT CHOCOLATE: CUP	\$1.00
HOT CHOCOLATE:1/2 CUP	\$0.50
POPCORN OR CHIPS *Range from \$0.70 to \$.80 c	
SCHOOL STRAPS(99% Real Fruit	\$0.50
ASSORTED ICE CREAMS *	
Range from \$0.15 to \$1.70	

FROZEN ITEMS

Frozen items are not available with lunch orders.

Item

BILLABONG	\$1.00
MOOSIES *Available in Choc & Strawberries	\$1.00
FROZEN YOGHURT	\$1.00
QUELCH	\$0.30
HALF QUELCH	\$0.15
SUNNY BOY	\$0.70
ICE CUPS	\$0.30
FROZEN JELLY CUP or normal jelly	\$0.35
MINIZ *Available in Choc, Milo & Banana	\$0.60
MILO CUPS	\$1.70
FROZEN ORANGE PIECES	\$0.10

SWEETS

Items may be deleted throughout 2008.

Item

SMALL JAM DONUTS	\$0.60
CHOCOLATE CHIP	\$1.20
COOKIES	
GINGERBREAD KOALA	\$1.20

FRUIT When in Season

Item

APPLES, ORANGE, GRAPES & MADARINS	\$0.80
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