

Westfields Sports

Westfields Sports High School Canteen Price List 30th January 2008

We are now a “Fresh Tastes School Canteen” and will be following “NSW Healthy School Canteen Strategy”

If you want something special for lunch (including vegetarian) and do not want to miss out, please order before school or during recess.

Before School Only

MEAL DEALS

Toasted Sandwiches + Large Juice \$4.00

Sandwiches & Rolls

MEAL DEALS

Salad Roll + Macquarie Water \$3.70

Wraps

Chicken, Lettuce & Mayo \$3.70
Chicken & Salad \$3.90
Salad \$3.20
Tuna/Salmon & Salad \$3.70

Mini Muffins

Choc Chip \$1.20
Blueberry \$1.20
Apple & Cinnamon \$1.20

KELLOGS CEREAL BOWLS

Just Right, Sultana Bran + Milk & Spoon \$2.00

ALREADY MADE UP

Cheese Roll \$2.00
Chesse & Tomato Roll \$2.40
Ham & Cheese Roll \$2.50
Buttered Roll \$1.20
Ham Roll \$2.40
Salad Roll \$3.00

HOT FOOD

Better Bite Low Fat Sausage Rolls \$1.80
Better Bite Low Fat Pies \$2.40
Chicken & Corn Rolls \$2.20
Roundas – Pizza

DRINKS

Plain Milk – 600ml \$1.50
Small Big M Light \$2.00
Large Big M Light \$2.50
\$2.20

Toasted Sandwiches

- Cheese \$2.00
- Cheese & Tomato \$2.40
- Ham & Cheese \$2.60
Toast \$1.20
2 Toast & Vegemite \$1.40

Other Sandwiches / Rolls

Your choice of bread
- White, Multi-Grain, Wholemeal
Egg / Curries Egg / Lettuce \$2.00
Ham & Pickles \$2.70
Vegemite \$1.40
Cheese & Tomato \$2.00
Chicken Loaf \$2.40
Fresh Chicken & Salad \$3.70

Chicken Burger \$3.70
Chicken Chips \$2.00
EXTRA Sauce 40c
Chicken & Vege Roll \$2.20

Water

M/Valley \$1.70
Pump \$2.40
Mt Frank 400ml \$1.50
Mt Frank 1ltr \$2.50

PASTA – 97% Fat Free

Lasagne / Ravioli / Spaghetti \$3.20
Twirl Bolognese \$3.20
Fried Rice \$3.20

Juice

Small Juice \$2.00
Large Juice \$2.20
Just Juice Poppers \$1.50

Salad in Container

Chicken \$4.20
Tuna / Salmon \$3.70
Ham \$3.70

Ham & Pickles \$2.70
Tuna/Salmon & Salad \$3.20
Ham & Salad \$3.20
Chicken Loaf & Salad \$3.20
Mayonnaise 40c
Tasty Cheese Extra 30c

\$2.70 Fantastic Noodles \$2.50

Fruit

Apples \$1.00
Bananas \$1.00
Oranges \$1.00
Other fruit in season

Diet Coke, Fanta, Sprite, Lift 390ml Bottles \$2.50
375ml Cans \$2.20