



canteen menu

HOT FOOD

MONDAY TO FRIDAY

not for PSSA sports

Butter Chicken 220g – Mild	\$5.50
Gluten Free - tender chicken thighs + vegetables	
Chicken wedges (4 pieces)	\$4.00
oven baked lightly crumbed chicken breast	
Corn on the cob	\$0.50
Macaroni and cheese	\$5.50
butter beans, zucchini and two cheese sauce	
Spinach + fetta roll	\$4.00

SANDWICHES

MONDAY TO FRIDAY

served with olive oil based spread

Cheese	\$3.00
Chicken	\$3.00
Egg	\$4.00
Ham	\$3.00
Ham + tasty cheese	\$3.50
Tuna	\$4.00
Salad roll	\$4.00
Extra fillings:	
cheese • chicken • ham (each)	\$0.50
egg • tuna (each)	\$1.00

DAILY SPECIALS

MONDAY TO FRIDAY

MONDAY

Sushi – baby cucumber (9 pieces)	\$4.20
Sushi – baby tuna (9 pieces)	\$4.20
Sushi – avocado roll	\$3.80
Sushi – salmon and avocado roll	\$3.80
Pie – chicken mornay	\$4.50

TUESDAY

Sushi – baby avocado (9 pieces)	\$4.20
Sushi – baby tuna (9 pieces)	\$4.20
Sushi – salmon and avocado roll	\$3.80
Sushi – cooked tuna roll	\$3.80
Gourmet beef burger	\$5.50
carrot, lettuce, tomato sauce + wholemeal roll)	
– Add tasty cheese extra	\$0.50
Sausage roll	\$4.00

WEDNESDAY

Sushi – baby tuna (9 pieces)	\$4.20
Sushi – avocado roll	\$3.80
Sausage roll	\$4.00

THURSDAY

Sushi – baby tuna (9 pieces)	\$4.20
Sushi – avocado roll	\$3.80
Sushi – tuna and cucumber	\$3.80
Sushi – chicken teriyaki	\$3.80
Rice paper roll – vegetarian	\$3.80
Sausage roll	\$4.00

FRIDAY

Sushi – avocado	\$3.80
Sushi – tuna and cucumber	\$3.80

Counter sales close at 9:20am

Flexischools orders at 9:00am

Contact the canteen: canteen@manlywestpandc.org.au or call 9948 2257 ext 7



canteen menu

SNACKS

MONDAY TO FRIDAY

Apple or seasonal fruit	\$0.50
ANZAC cookie (homemade)	\$1.00
Banana bread	\$1.50
Bouncy balls (homemade)	\$1.00
Bread sticks (2 pieces)	\$0.40
Carrot sticks (5)	\$0.50
Cheese + breadstick snack	\$1.00
Edamame (6 pieces)	\$0.50
Popcorn 25g	\$1.20
Snack pack	\$1.00
carrot sticks + cucumber sticks + slinky apple	
Sultanas 40g	\$0.50

DRINKS

MONDAY TO FRIDAY

no added sugar

Fruit smoothie	\$3.00
Milk – plain	\$1.00
Nudie juice – apple	\$2.50
Nudie juice – orange	\$2.50
Nudie juice – tropical	\$2.50

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