



MANLY WEST CANTEEN - LUNCH MENU 2018

MONDAY

BUTTER CHICKEN - Mild butter chicken served on jasmine rice (Limit of 40 serves - 35 online & 5 at counter)	\$5.50
Cucumber Sushi - Baby Box	\$3.80
Tuna Sushi - Baby Box	\$3.80

TUESDAY

Super Burger - Homemade healthy Beef Pattie with lettuce & carrot	
\$5.00	
➤ Add Cheese	\$5.50
Vegetarian Falafel (5 max online)	\$5.50
Avocado Sushi - Baby Box	\$3.80
Tuna Sushi - Baby Box	\$3.80

WEDNESDAY

Pasta Bolognese - Homemade Beef Bolognese served on pasta (Limit of 40 serves - 35 online & 5 at counter)	\$5.50
Avocado Sushi	\$3.80
Tuna Sushi - Baby Box	\$3.80

THURSDAY - "SUSHIRAMA"

Avocado Sushi	\$3.80
Tuna & Cucumber Sushi	\$3.80
Chicken Schnitzel/lettuce Sushi	\$3.80
Vegetarian Rice Paper Roll	\$3.80

FRIDAY

Tuna & Cucumber Sushi	\$3.80
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EVERYDAY HOT OPTIONS - (NOT AVAILABLE FOR PSSA STUDENTS ON FRIDAY!)

Spinach & Cheese Roll	\$3.50
Corn Cobs	\$0.50
Gluten free Lasagne	\$5.50
Beef Stroganoff Pasta - Good Food Hero	\$5.50
Chicken wedges	\$4.00
Sauces - Tomato / BBQ / Sweet & Sour	\$0.20

EVERYDAY COLD OPTIONS - SANDWICHES/ROLLS/SALAD BOXES

Vegemite Sandwich	\$2.50
Ham, Cheese or Chicken Sandwich	\$3.00
Ham & Cheese Sandwich	\$3.50
Egg Sandwich	\$4.00
Tuna Sandwich	\$4.00
Salad Roll - Lettuce, tomato, carrot & cucumber	\$4.00
➤ Add - Cheese/Chicken/ Ham	\$4.50
➤ Add - Tuna/Egg	\$5.00
Salad Box - Lettuce, tomato, carrot & cucumber	\$4.20
➤ Add - Cheese/Chicken/ Ham	\$4.70
➤ Add - Tuna/Egg	\$5.20



MANLY WEST CANTEEN - SNACK MENU 2018

SNACK MENU

Snack pack - 3 carrot sticks, 2 cucumber sticks & a slinky apple	\$1.00
Finger Bun	\$1.50
Homemade Bacon & Cheese Muffin	\$1.50
Popcorn	\$1.20
Fruit: Apple (or other seasonal variety)	\$0.50
Homemade Anzac Biscuit	\$1.00
Homemade Bouncy Ball	\$1.00
Bag of 6 Rice Crackers	\$0.50
Edamame	\$0.20
Sultana Packet- 40g	\$0.50
Carrot Sticks (5)	\$0.50
Cheese & Cracker Snack	\$1.00
Vegan Arrowroot biscuit	\$0.40

DRINKS

Super Green Smoothie	\$2.50
Nudie Juice - Apple / Orange / Tropical - 250ml	\$2.50
Plain Milk – 300ml	\$1.00
Flavoured Milk - Chocolate / Strawberry – 300ml	\$2.50
Bottle Of Water	\$1.50

- **Counter orders by morning bell 9.20 am & Flexischools by 9am.**
- **Don't forget to write your name & class on your lunch bag!**
- **10c per bag fee applies to all orders**

Help in the canteen is always greatly appreciated,
so if you've got a couple of hours to spare, please get in touch, Thanks!

02 9948 2257 or mwcanteen1@gmail.com