

# GRAB & GO

## 2017 WAVELL STATE HIGH SCHOOL CANTEEN MENU

PLEASE NOTE: Prices effective 24 January 2017 and subject to change without notice

### HOT FOOD

American Cheese Burger .....	\$5.00
Chicken Burger .....	\$4.80
Sweet Chilli Chicken Burger ...	\$4.80
Hamburger .....	\$4.80
Beef Lasagne .....	\$3.20
Fried Rice with Egg .....	\$4.50
Fried Rice with Chicken & Egg ...	\$5.50
Dumplings (Pork/Beef/Chicken) ...	\$2.50
Cottage Pie .....	\$4.00
Plain Pie .....	\$4.00
Hot Dog .....	\$3.00
Sausage Roll .....	\$2.80
Chicken/Beef and gravy roll ..	\$4.20
Hot Chips/Wedges/Gems .....	\$3.00
Garlic Bread .....	\$2.20
Goujons / Nuggets .....	\$2.80
Nachos .....	\$3.50
Cheeseburger & Chips <i>Large</i> ..	\$5.60
Cheeseburger & chips <i>Small</i> ..	\$4.60
Butter Chicken & Rice <i>Large</i> ...	\$6.50
Butter chicken & Rice <i>Small</i> ...	\$4.50

### BREAKFAST MENU

Bacon & Egg Muffin .....	\$2.50
Ham & Cheese Croissant .....	\$2.50

### COLD & FRESH FOOD

Chicken Asian Noodle Salad .....	\$5.50
Asian Noodle Salad .....	\$5.00
Chicken Caesar Salad .....	\$6.50
Apples .....	\$1.00
Grapes/Watermelon .....	\$3.00
Fruit Salad .....	\$3.50
Sushi Rolls Single .....	\$3.30

### SANDWICHES & WRAPS

Avocado & Chicken .....	\$4.30
Avocado, Chicken, Lettuce & Mayo .....	\$4.80
Avocado, Chicken & Mayo .....	\$4.60
Ham & Cheese .....	\$4.10
Ham & Tomato .....	\$4.10
Ham, Cheese & Tomato .....	\$4.30
Chicken, Lettuce & Mayo .....	\$4.30
Chicken & Mayo .....	\$4.10
Chicken, Cheese & Tomato .....	\$4.50
Chicken & Salad .....	\$4.80
Egg & Lettuce .....	\$3.80
Buttered Rolls .....	\$1.20

### SPECIAL ITEMS

Subway ( <i>Thursday only</i> ) .....	\$5.00
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### TURKISH BREAD (Toasted)

Avocado, Ham, Cheese & Tomato .....	\$5.40
Avocado, Ham & Cheese .....	\$5.00
Ham, Cheese & Tomato .....	\$4.70
Ham & Cheese .....	\$4.50
Avocado, Chicken, Cheese & Tomato .....	\$5.40
Avocado, Chicken & Cheese .....	\$5.20
Chicken, Cheese & Tomato .....	\$4.90
Chicken & Cheese .....	\$4.70

### DAIRY PRODUCTS

Plain Milk 300ml .....	\$2.10
Plain Milk 500ml .....	\$3.00
Plain Milk 1lt .....	\$3.50
Flavoured Milk 300ml .....	\$3.10
Flavoured Milk 600ml/500ml .....	\$4.10
Ice Break 750ml .....	\$4.70
Up & Go Energiser .....	\$4.20
Up + Go .....	\$3.00
Yoghurt .....	\$2.60
Greek Yoghurt .....	\$4.40
Sour Cream .....	\$1.00

### FROZEN TREATS

Available at Big Lunch ONLY

*Prices Vary*

### DRINKS

Spring Water 600 ml .....	\$2.20
Spring Water 1 lt .....	\$2.80
Spring Water 1.5 lt .....	\$3.00
Sparkling Oh Water.....	\$3.80
Large Orchy 500ml .....	\$3.60
Small Orchy 350 ml .....	\$3.10
Krazy Lemon 500 ml .....	\$3.60
So Juicy 300 ml .....	\$2.20
Popper Juice 1 lt .....	\$4.60
Poppers 250 ml .....	\$2.20
Lipton Ice Tea .....	\$3.60
Mizone/G Force .....	\$4.00
Vivaloe .....	\$4.00
Nutrient Water .....	\$4.00
Emma & Toms Smoothie .....	\$4.00
Emma & Toms Juice .....	\$3.50
Ribena .....	\$3.70

### SNACKS

Various Crisps .....	\$2.00
Mini Pretzels .....	\$1.50
Hello Pandas .....	\$1.00
Priestly Biscuits .....	\$2.30
Priestly Cakes .....	\$2.80
On the Go .....	\$2.30
Carrot Cake .....	\$2.30
Iced Coffee Rolls .....	\$1.30
Snaps .....	\$2.00

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## WAVELL STATE HIGH SCHOOL CANTEEN



### **OPERATED BY P&C ASSOCIATION**

Funds raised through this canteen are invested  
in school facilities and resources



### **CANTEEN HOURS**

The Canteen is **open daily 8am to 2pm**  
including both recess periods.

*Contact : Convenor, Mrs Noela Tweedale,  
on (07) 3359 5126.*

### **UNIFORM SHOP/ BOOKSHOP**

**Monday to Thursday 8.15 am - 11.15 am**

*Contact: Lesley Menzies (07) 3350 0370 (school hours)*

### **PAYMENT OPTIONS**

**Cash OR Card**

*(MasterCard, Visa and Electronic Funds Transfer (EFT)  
minimum \$5.00 transaction*

### **PRE ORDERS**

Ordering before school is welcome  
*(pay when ordering)*

### **VOLUNTEERS**

**Voluntary workers help staff this facility.** We are  
always looking for more helpers. Parents of new  
students are asked to contact our convenor,  
*Mrs Noela Tweedale, on (07) 3359 5126 .*



### **SMART CHOICES**

Our Canteen complies with **SMART CHOICES**.  
All food and drinks on our menu are  
**GREEN** or **AMBER**, which means whatever you  
purchase, it is a healthy option!

### **REMEMBER THIS SIMPLE ADVICE:**

If it is .....

**GREEN** 'Have plenty'

**AMBER** 'Select carefully'

**RED** 'Occasional'

*On special days, once a term, "treat" foods are  
available in line with the SMART CHOICES policy*

### **SPECIAL DIETARY REQUIREMENTS**

Every effort is made to offer a variety of food to  
cater for **all** dietary needs.