

PREP - CANTEN MENU

●● Eat Most

●● Eat Moderately

●● Eat Least

SNACKS

●● Grain Waves 28g	\$1.70
●● Red Rock Deli Chips 28g	\$1.70
●● Oreo cookies 33g	\$1.20
●● Cheese & Crackers	\$1.50
●● Tiny Teddies 25g	\$1.10
●● Fruit Nuggets	\$0.70
●● Flavoured Mousse Cup (Low Fat) 50ml	\$0.60
●● Flavoured Mousse Cup (Low Fat) 100ml	\$1.20
●● Jelly Cup (Low Fat) 50ml	\$0.60
●● Jelly Cup (Low Fat) 100ml	\$1.20
●● Watermelon Cup	\$2.00
●● Whole Fruit	\$1.30
●● Air Popped Plain Popcorn	\$1.30
●● Box of Sultanas	\$1.10

ICE CREAMS & TREATS

●● 97% Frozen Apple Juice Cups	\$1.40
●● Moosies (Low Fat Frozen Milk)	\$1.80
●● 99% Fruit Juice Frozen Quelch	\$1.40
●● Billabong	\$2.00
●● Lifesavers	\$2.80

DRINKS

●● Still Water 600ml	\$3.20
●● Lite Flavoured Milk (98% fat free)	\$3.20
●● 99.8% Orange Juice Box	\$2.20
●● 99.8% Apple & Blackcurrant Juice Box	\$2.20
●● 99.8% Apple Juice Box	\$2.20
●● Krazy Krush 99% Apple Juice Slush	\$2.20

LIGHT MEALS

●● Cheese & Bacon Pizza	\$3.30
●● Vilis Lean & Mean Pie	\$5.00
●● Vilis Lean & Mean Sausage Roll	\$3.90
●● Vilis Lean & Mean Pasty	\$5.00
●● Vilis Vegetable Pasty (V)	\$5.00
●● Chicken Nuggets (6) w. Tomato Sauce	\$4.20
●● Oven Baked Chicken Tenders (2)	\$4.50
●● Oven Baked Wedges (V)	\$3.50
●● Tomato Sauce PC	\$0.30

SALAD PACKS

All salads are made w. lettuce, tomato, cucumber & grated carrot.

●● Ham	●● Roast Beef
●● Cheese (V)	●● Chicken

Small \$3.50 | Large \$5.00

Westminster Caesar Salad - cos lettuce, crispy croutons, parmesan cheese & egg finished with caesar dressing (V) \$5.00
w. Crispy Bacon \$6.00 | w. Chicken \$6.00

PREP - CANTEEN MENU

- New Combo deals now available -

Combination packs includes your choice of lunch, a juice box and either a piece of fruit or Chocolate Brownie slice (Please select your choice of fruit or brownie).

For Combination packs add \$3.00 to your choice of main meal.

SANDWICHES/TOASTIES & BAGUETTES

Available in white & wholemeal breads, wraps and gluten free bread (GF bread \$0.50 Extra)

	Cold S/W	Toasted S/W	10" Baguette
●● Ham, Chicken or Beef	\$3.80	\$4.30	\$4.30
●● Ham, Chicken or Beef w. Salad	\$4.20	N/A	\$4.70
●● Chicken, Lettuce & Mayo	\$3.90	N/A	\$4.40
●● Ham, Cheese & Tomato	\$4.20	\$4.60	\$4.70
●● Chicken & Cheddar Cheese	\$4.20	\$4.60	\$4.70
●● Cheddar Cheese (V)	\$3.50	\$4.00	\$4.20
●● Vegemite	\$2.10	N/A	\$2.50

ADD: Lettuce, Tomato, Cucumber, Carrot, Cheese (\$0.40ea)

AVAILABLE DAILY

●● Oven Baked Fish Fillet w. Wedges	\$5.70	●● Teriyaki Chicken & Vegetable Stir Fry served w. Rice (GF)	\$5.60
●● Oven Baked Fish Fillet in a Soft Tortilla Wrap w. Garden Salad & Mayo	\$5.60	●● Teriyaki Vegetable Stir Fry served w. Rice (V, GF)	\$5.50
●● Oven Baked Chicken Tenders w. Wedges	\$5.70	●● Classic Macaroni Cheese (V)	\$4.10
●● Oven Baked Chicken Tenders in a Soft Tortilla Wrap w. Garden Salad & Mayo	\$5.60	●● Homemade Vegetable Soup served w. A Soft Bread Roll (V) available term 2 & 3	\$3.50
●● Cheeseburger w. Lettuce, Tomato, Red Onion & Chargrilled Vegetable Relish in a Soft Bread Roll	\$5.00	●● Hot Baked Potato w. Bolognese Sauce & Cheddar Cheese (GF)	\$5.30
●● Homemade Vegetarian Pasta Bake (V)	\$5.50	●● Hot Baked Potato w. Cheddar Cheese & Garden Salad (V, GF)	\$5.20
●● Homemade Bolognese Pasta Bake	\$5.20	●● Tomato Sauce PC	\$0.30

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WESTMINSTER PREP CANTEEN

DAILY SPECIALS

Optional Combo Pack

Combination packs includes your daily special, a juice box and either a piece of fruit or Chocolate Brownie slice (Please select your choice of fruit or brownie)

MONDAY

7" Hot Dog & Roll with sauce \$5.00 or Combination deal \$8.00

TUESDAY

Home-made Butter Chicken & Rice \$6.00 or Combination deal \$9.00

WEDNESDAY

Italian Meatballs in Napolitana sauce w/ Rice \$5.50 or Combination deal \$8.50

THURSDAY

Bacon, Egg & Hash Brown English Muffin & \$5.00 or Combination deal \$9.00

FRIDAY

2 x Pulled Chicken Sliders w/ salsa & cheese \$5.50 or Combination deal \$8.50

Available in Term 3