



WESTMINSTER PREP SCHOOL MENU

Effective from January 2019

 **CATER CARE**



WESTMINSTER PREP SCHOOL MENU

SANDWICHES/ TOASTIES

White or wholemeal breads & wraps. Gluten free bread (extra \$0.50)

	Cold	Toasted
●● Ham or chicken	\$3.70	\$4.20
●● Chicken & lettuce	\$3.90	N/A
●● Ham, cheese & tomato	\$4.40	\$4.50
●● Chicken & cheddar cheese	\$4.20	\$4.60
●● Cheddar Cheese	\$3.50	\$4.00
●● Vegemite	\$2.00	N/A
Extra - lettuce, tomato, cucumber, carrot, cheese	\$0.40	

SALAD PACKAGE

All salads are made w. Garden lettuce, tomato, cucumber & grated carrot. (GF)

	Small	Large
●● Ham	\$3.50	\$5.00
●● Cheese		
●● Egg		
●● Roast Beef		
●● Chicken		



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AVAILABLE DAILY

●● Oven baked fish fillet w. wedges	\$5.60	Hot baked potato w. cheddar cheese (V, GF)	\$4.80
●● Oven baked chicken tenders w. wedges	\$5.60	Hot baked potato w. cheddar cheese & garden salad (V, GF)	\$5.20
●● Teriyaki chicken tenders in a soft tortilla wrap w. garden salad	\$5.50	Hot baked potato w. baked beans & cheddar cheese (V, GF)	\$5.20
●● Homemade beef burger w. lettuce, tomato, red onion & chargrilled vegetable relish in a soft bread roll	\$5.00	Tomato sauce (pc)	\$0.30

LIGHT MEALS & SNACKS

Homemade vegetarian pasta bake (V)	\$5.50	●● Cheese & bacon pizza	\$3.20
Homemade bolognaise pasta	\$5.20	●● Lean & mean pie	\$4.80
Mild vegetable & chickpea curry served w. rice (V, GF)	\$5.50	●● Lean & mean sausage roll	\$3.80
Macaroni cheese (V)	\$4.00	●● Lean & mean pasty	\$4.80
Vegetable pasty (V)	\$4.80	●● Chicken nuggets (6) w. tomato sauce	\$4.10
Hot baked potato w. bolognaise sauce & cheddar cheese (GF)	\$5.20	●● Oven baked chicken tenders (2)	\$4.10
		●● Oven baked wedges	\$3.50
		●● Homemade vegetable soup served w. a soft bread roll. (V)	\$3.50
		Available terms 2 & 3	

GF - Gluten Free V - Vegetarian

●● Healthy choice

●● Occasional choice

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SNACKS

●● Grain Waves 28g	\$1.60
●● Red Rock 28g	\$1.70
●● Go cookies 33g	\$1.40
●● Cheese and crackers	\$1.50
●● Tiny teddies 25g	\$1.00
●● 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	\$1.20
●● Air popped plain popcorn	\$1.30
●● Box of sultanas	\$1.10

ICE CREAM & TREATS

●● Moosies (low fat frozen milk)	\$1.70
●● 99% fruit juice frozen quelch	\$1.00
●● 97% frozen apple juice cups	\$1.40
●● Billabong	\$1.90
●● Life Savers	\$1.90

DRINKS

●● Still water 600ml	\$3.20
●● Lite flavoured milk 300ml	\$3.20
●● 99.8% Orange juice box	\$2.10
●● 99.7% Apple juice box	\$2.10
●● 99.8% Apple and blackcurrant juice box	\$2.10



Healthy choice



Occasional choice



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