CANTEEN MENU

FRIDAY MENU

MILLEN PRIMARY COMPLIES WITH THE TRAFFIC LIGHT SYSTEM RECOMMENDED BY THE WA SCHOOL CANTEEN ASSOCIATION.

- **AT LEAST 60% OF FOOD CHOICES ARE GREEN**
- **NO MORE THAN 40% OF FOOD/DRINK CHOICES ARE AMBER (NOT EVERDAY FOODS)**

CRUNCH & SIP

FRUIT CUP $3.30
MIX PIECES OF SEASONAL FRESH FRUIT

WHOLE FRUIT $1.50
WHOLE APPLE, WHOLE BANANA OR MANDARIN

RECESS ITEMS

SNACK CUP $4.00
HAM, CABANOSSI OR HUMMUS, CHEESE, CRACKERS & VEGGIE STICKS

PIKELETS $3.80
+/- HOMEMADE BERRY SAUCE OR HONEY

ENGLISH MUFFIN CHEESIE $2.00
HALF ENGLISH MUFFIN TOPPED WITH CHEESE AND OVEN BAKED

AMAISE BAG OF POPCORN $2.00
SLIGHTLY SWEET & SALTY OR LIGHTLY SALTED

FRUIT BOWL $4.00
CUT UP SEASONAL FRESH FRUIT

YOGHURT & MUESLI $4.00
SERVED WITH SEASONAL FRUIT OR
+ COCONUT YOGHURT ALTERNATIVE $0.30

SLICE OF HOMEMADE HONEY BANANA BREAD $2.80

FRUITS & VEGGIES

Available for recess and/or lunch

WHOLE FRUIT $1.50
WHOLE APPLE, WHOLE BANANA OR MANDARIN

VEGGIE STICKS $2.80
+ HUMMUS $0.50
+ CHEESE STICK (20G) $1.00

DRINKS

Only available at Recess - UP & GO

CHOC ICE, STRAWBERRY, VANILLA (NO SUGAR) OR BANANA $3.30 each

DRINKS

Only available at Lunch

APPLE
ORANGE
TROPICAL

$2.50 each

LUNCH ITEMS

SUSHI ROLLS & STICKS

Soy sauce optional

VEGETARIAN
TUNA
TERIYAKI CHICKEN

$5.00 per roll

$3.80 per stick

SALAD BOWLS

+ Italian Vinaigrette Salad Dressing 50c

SIMPLE SALAD $3.80
LETTUCE, TOMATO, CAPSICUM, CUCUMBER & CARROT

+ SHREDDED CHICKEN BREAST $1.50
+ SHAVED HAM $1.00
+ BOILED EGG $1.00

SIMPLE SIDE SALAD $2.80
HALF PORTION SIZE OF FULL SIMPLE SALAD (NO ADDITIONS)

WRAPS

Gluten Free Wraps add 80c
+ Boiled Egg $1

ALL WRAPS ARE SERVED WITH MAYO

EGG & SALAD WRAP $4.50
CHICKEN & SALAD WRAP $5.00
HAM & SALAD WRAP $5.00
CHEESE & SALAD WRAP $4.30
VEGAN SALAD WRAP $4.30
SERVED WITH HUMMUS (NO MAYO)

HOT FOODS

Gluten free pasta or bread add 50c / vegan cheese +$1

PASTA
BUTTER ONLY $3.80
+ GRATED CHEESE $0.50

CHICKEN TENDERS (x2 tenders per serve) $4.80
+ TOMATO SAUCE $0.25
+ SWEET CHILLI SAUCE $0.25
+ EXTRA TENDER $1.70

PRE-MADE PIZZAS
PINEAPPLE PARADISE (HAM, CHEESE & PINEAPPLE) $4.80
MARGARITA MAGIC (CLASSIC TOMATO & CHEESE) $4.80

TOASTED SANDWICH
HAM & CHEESE + / - TOMATO $4.80
CHEESE +/- TOMATO $4.00

SAUSAGE ROLL $4.80
+ TOMATO SAUCE $0.25

BEEF BURGER $6.50
WITH CHEESE & SALAD

Please sign into your QuickCliq account to view any specials we may be running