CANTEEN MENU

THURSDAY 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)**

RECESS ITEMS

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

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

PIKELETS $3.80
+/- HOMEMADE BERRY SAUCE OR HONEY

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

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

SLICE OF HOMEMADE HONEY BANANA BREAD $2.80

FRUITS AND 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

RECESS ONLY DRINKS

UP & GO:
CHOC ICE
VANILLA ICE (NO SUGAR)
STRAWBERRY
BANANA

$3.30 each

LUNCH ONLY DRINKS

APPLE
ORANGE
TROPICAL

$2.50 each

LUNCH ITEMS

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 add 50c

PASTA
BUTTER ONLY $3.80
+ GRATED CHEESE $0.50

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

BEEF CHILLI CON CARNE $6.50
with corn chips and grated cheese

HOMEMADE MAC & CHEESE $4.80
with bacon, onion & sweetcorn

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

SAUSAGE ROLL $4.80
+ TOMATO SAUCE $0.25

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