

# woodcrest college

2009 junior menu . term 2

## sandwiches / gourmet rolls / wraps fruit

vegemite & cheese	\$2.30
junior egg sandwich	\$2.00
junior egg & lettuce	\$2.30
cheese	\$1.90
meat only	\$3.00
meat & 1 salad item	\$3.30
meat & 2 salad items	\$3.60
meat & 3 salad items	\$3.90
meat & 4 salad items	\$4.20
5 salad items	\$3.50
baguette, crusty rolls ( <i>assorted fillings</i> )	\$5.00
<i>gourmet wraps (cold) (assorted fillings)</i>	\$4.60

## available fillings:-

(*roast chicken, sliced ham, salami, roast beef corned beef tuna, salmon, alfalfa, cheese, tomato, carrot, lettuce, cucumber, butter, creamed cheese & pickles*)

## extras

pineapple / avocado / cheese	\$0.50
extra salad items ( <i>each</i> )	\$0.30
condiments ( <i>extra</i> )	\$0.10

(*pickles, mustard, toasting, cranberry sauce, cream cheese, onion*)

ham or chicken junior wrap	\$3.00
( <i>w cheese, lettuce &amp; grated carrot</i> )	
fruit salad tub	\$2.60
jelly cup	\$1.30
jelly cup w custard	\$1.50
chocolate mousse	\$2.00
mini jelly cup or custard cup	\$0.80
mini jelly cup w custard	\$0.90
<u>meal packs</u>	\$5.50

low fat, not fat (a) fruit salad, small homemade yoghurt, muffin (choc/apple or apple/cinnamon)

low fat, no fat (b) jelly cup, ham or chicken wrap w carrot, lettuce & cheese, small drink

sushi roll (Thursday & Friday only)	\$2.80
-------------------------------------	--------

or 2 for 5.50

*karaage roll, teriyaki roll, sweet chilli prawn, hot tuna*)

## snacks

smiths crisps (28g)	\$1.30
doritos	\$1.30
cookie ( <i>small</i> ) choc/malt	\$1.20
muffins ( <i>apple &amp; cinnamon, choc/apple</i> )	\$2.00
cupcake ( <i>vanilla, chocolate</i> )	\$2.00
cheesymite scroll	\$1.50
apple scroll	\$2.00

## yoghurt

homemade - <i>small (berry, passionfruit)</i>	\$1.10
homemade - <i>large</i>	\$2.20
yoplait (200g) ( <i>fruit salad, vanilla, strawberry, passionfruit</i> )	\$2.20

## hot foods

meatballs ( <i>cup</i> )	\$3.20
junior meatball sub	\$3.30
fish fingers (5)	\$3.00
hamburger w salad	\$3.40
hamburger ( <i>meat only</i> )	\$2.50
cheeseburger	\$3.20
hot dog	\$2.80
cheese dog	\$3.00
lasagne or spaghetti	\$3.70
yummy drummy	\$1.20
sausage roll	\$2.20
vegetarian sausage roll	\$2.30
mini pizza	\$2.20
chicken & corn roll	\$1.60
school pie (120g)	\$1.80
meat pie	\$3.00
potato pie	\$3.30
party pie	\$1.00
raisin toast ( <i>thick cut</i> )	\$1.20
chicken caesar wrap	\$4.80
sweet chilli chicken wrap	\$4.80

## meal packs

a: hot dog, popcorn, sml drink	\$5.50
b: fish fingers, piece of fruit, sml drink	\$5.50

## frozen treats

quelch fruit sticks	\$0.70
frozen pineapple slice	\$0.30
frozen quarter orange	\$0.30
frozen juice cup	\$0.90
life saver icy pole	\$1.60
icy pole	\$1.00
billabong (triple swirl, choc & barney banana)	\$1.30
milo stick	\$1.30
milo cups	\$2.00
tnt long & short sticks	\$0.90

## drinks

250ml flav. milk popper ( <i>straw, choc</i> )	\$2.00
300ml plain milk	\$1.30
300ml sml flav. milk ( <i>banana, mocha, coffee</i> )	\$2.20
350ml 100% juice	\$2.30
fuze ( <i>orange, tropical, raspberry</i> )	\$2.20
popper ( <i>apple, orange, tropical, pineapple, apple/blackcurrant</i> )	\$1.70
400ml water	\$1.80
600ml water	\$2.20
1lt water	\$2.70
200ml gatorade ( <i>watermelon, apple</i> )	\$1.70