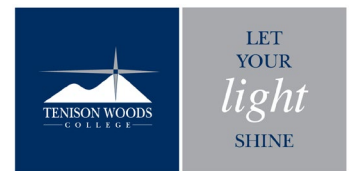


# Tenison Woods College 2020 Canteen Price List

## Reception – Year 9



The canteen operates within the **Red**, **Amber** and **Green** food guidelines.



**GREEN FOODS**  
No limit, eat everyday



**AMBER FOODS**  
May be eaten daily in limited amounts



**RED FOODS**  
May be eaten occasionally


### Food Items

#### GREEN FOODS

	<b>All wraps have a light spread of butter and mayonnaise</b>			
	Lavash bread wrap with salad - lettuce, cheese, carrot			\$4.00
	Lavash bread wrap with egg and lettuce			\$4.00
	Lavash bread wrap with ham and salad			\$4.20
	Lavash bread wrap with chicken and salad			\$4.50
	<b>Sandwiches / Rolls ~ White / Wholemeal (Please indicate your choice)</b>			
	<i>All sandwiches/ rolls are buttered unless otherwise stated.</i>			
	1 Filling			\$3.50
	Additional fillings			50c each
	- Chicken	- Alfalfa	- Tomato	
	- Ham	- Lettuce	- Cucumber	
	- Tuna	- Cheese	- Capsicum	
	- Egg	- Carrot	- Beetroot	
	Mayonnaise			No Charge
	<b>Salads - Please note there will be no alterations to salad</b>			
Ham or Roast Chicken - lettuce, egg, cheese & carrot G/F			\$4.00	
Chicken Tenderloin - lettuce, capsicum, cucumber, cheese, carrot, cherry tomato, alfalfa & celery			\$4.50	
Noodle Salad			\$3.00	

#### RED & AMBER FOODS


	<b>Hot Food</b>			
	Party Pie			\$1.60
	Meat Pie			\$4.50
	Potato Pie			\$4.70
	Pizza Pie			\$4.70
	Cheese Pasty (meat)			\$4.70
	Vegetarian Pasty			\$4.50
	Sausage Roll			\$3.50
	Plain Chicken Burger (flame grilled chicken breast used in burgers) ~ lettuce & mayonnaise			\$4.70
	Chicken Burger ~ salad – mayo, lettuce, cheese & tomato			\$5.00
	Hot Ham & Cheese Roll			\$4.00
	Pizza (ham & pineapple only)			\$4.00
	Pasta ~ spirals & meat sauce			\$4.00
	Pasta ~ spirals & tomato sauce & cheese			\$4.00
	Pasta Carbonara			\$4.00
	Tuna Mornay			\$4.00
	Hot Chicken Wrap (plain – mayo and lettuce)			\$4.00
	Hot chicken Wrap (sweet chilli and lettuce)			\$4.00

	Hot Dog in Bread	\$3.50
	Hot Dog – Bread & sauce (no charge for sauce – please indicate on bag if wanted)	\$3.50
	Hot Dog in Roll	\$3.70
	Hot Dog in Roll & sauce (no charge for sauce – please indicate on bag if wanted)	\$3.70

## RED FOODS

	<b>Cakes, Slices, Buns</b>	
	Hedgehog (Half \$1.60)	\$3.20
	Donuts - small	\$2.00
	<b>Drinks</b>	
	Water – 600 ml	\$2.50
	Playwater	\$2.50
	Small Chocolate/Strawberry Milk	\$3.30
	Pop Top Juicy Isles (apple, apple & blackcurrant)	\$2.50
	Apple/Orange Juice (Bottle) - small	\$3.00
Apple/Orange Juice (Bottle) - large	\$3.50	

## AMBER FOODS

	<b>Ice-Creams</b>	
	Lemonade Icy Pole	\$1.50
	Paddle Pop	\$1.80
	Calippo	\$2.30
	<b>Over the counter</b>	
	Bag of Sunfruits	\$1.00
	Red Rock Chips (28g pkt)	\$1.00
	Chips – Plain/Salt & Vinegar	\$1.00
	Popcorn	\$1.00

## GLUTEN FREE MENU

<b>Sausage Rolls</b>	<b>\$5.00</b>
<b>Tomato, Cheese &amp; Pasta</b>	<b>\$4.50</b>
<b>Meat Pasta</b>	<b>\$4.50</b>
<b>Chicken Wrap (hot) plain – lettuce and mayo</b>	<b>\$5.00</b>
<b>Chicken Wrap (hot) – sweet chilli sauce and lettuce</b>	<b>\$5.00</b>

### The canteen operates within the Red, Amber and Green food guidelines:

- There is no credit given at the canteen.
- Students in Reception to Year 5 must use the lunch order system.
- No icy poles or ice-creams to be ordered through the lunch bag as they are often returned to the Canteen because they have melted.
- Please note: if not enough money is in the bag an alteration to the order will be made and change given.