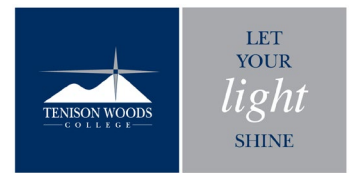


Tenison Woods College 2021 Canteen Price List

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


	All wraps have a light spread of butter and mayonnaise		
	Lavash bread wrap with salad - lettuce, cheese, carrot		\$4.50
	Lavash bread wrap with egg and lettuce		\$4.50
	Lavash bread wrap with ham and salad		\$4.80
	Lavash bread wrap with chicken and salad		\$5.00
	Sandwiches / Rolls ~ White / Wholemeal (Please indicate your choice)		
	<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
Salads - Please note there will be no alterations to salad			
Ham or Roast Chicken - lettuce, egg, cheese & carrot G/F (includes bamboo cutlery)		\$4.20	
Chicken Tenderloin - lettuce, capsicum, cucumber, cheese, carrot, cherry tomato, alfalfa & celery (includes bamboo cutlery)		\$4.70	
Noodle Salad (includes bamboo cutlery)		\$3.20	

RED & AMBER FOODS


	Hot Food	
	Party Pie	\$1.60
	Meat Pie	\$4.60
	Potato Pie	\$4.80
	Pizza Pie	\$4.80
	Cheese Pasty (meat)	\$4.80
	Vegetarian Pasty	\$4.60
	Sausage Roll	\$3.70
	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 (includes bamboo cutlery)	\$4.20
	Pasta ~ spirals & tomato sauce & cheese (includes bamboo cutlery)	\$4.20
	Pasta Carbonara (includes bamboo cutlery)	\$4.20
	Tuna Mornay (includes bamboo cutlery)	\$4.20
	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

	Cakes, Slices, Buns	
	Hedgehog (Half \$1.60)	\$3.20
	Donuts - small	\$2.00
	Drinks	
	Water – 600 ml	\$2.50
	Playwater (Blackcurrant, Lemonade or Raspberry)	\$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

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

GLUTEN FREE MENU

Sausage Rolls	\$5.00
Chicken Wrap (hot) plain – lettuce and mayo	\$5.00
Chicken Wrap (hot) – sweet chilli sauce and lettuce	\$5.00
Ham Salad	\$4.20
Roast Chicken	\$4.20

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.
Please note lunch orders made via the QKR app must be submitted by 8:30am on the day required
- 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.