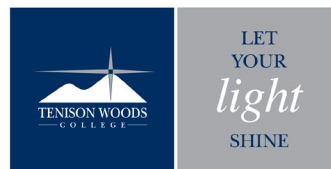


# Tenison Woods College 2023 Canteen Price List

## 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		\$5.00
	Lavash bread wrap with egg and lettuce		\$5.00
	Lavash bread wrap with ham and salad		\$5.00
	Lavash bread wrap with chicken and salad		\$5.00
	<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		\$5.00
	Noodle Salad (Includes bamboo cutlery)		\$3.50

#### RED & AMBER FOODS


	<b>Hot Food</b>		
	Party Pie		\$2.00
	Meat Pie		\$4.90
	Potato Pie		\$5.00
	Pizza Pie		\$5.00
	Cheese Pasty (meat)		\$5.00
	Vegetarian Pasty		\$4.90
	Sausage Roll		\$4.00
	Plain Chicken Burger (flame grilled chicken breast used in burgers) ~ lettuce & mayonnaise		\$5.00
	Chicken Burger ~ salad – mayo, lettuce, cheese & tomato		\$5.50
	Hot Ham & Cheese Roll		\$4.50
	Pizza (ham & pineapple only)		\$4.00
	Pasta ~ spirals & meat sauce (Includes bamboo cutlery)		\$4.60
	Pasta ~ spirals & tomato sauce & cheese (Includes bamboo cutlery)		\$4.60
	Pasta Carbonara		\$4.60
	Hot Chicken Wrap (plain – mayo and lettuce)		\$4.00
	Hot chicken Wrap (sweet chilli and lettuce)		\$4.00
	Hot Dog in Bread		\$4.00
	Hot Dog – Bread & sauce (no charge for sauce – please indicate on bag if wanted)		\$4.00

	Hot Dog in Roll	\$4.20
	Hot Dog in Roll & sauce (no charge for sauce – please indicate on bag if wanted)	\$4.20

## RED FOODS

	<b>Cakes, Slices, Buns</b>	
	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	\$2.00
	Calippo	\$2.80
	<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

Sausage Rolls	\$5.50
Chicken Wrap (hot) plain – lettuce and mayo	\$5.50
Chicken Wrap (hot) – sweet chilli sauce and lettuce	\$5.50

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

- There is no credit given at the canteen.
- Students in Reception to Year 6 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 via a 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.