ATWELL CANTEEN SUMMER MENU 2020/21

Healthy Food & Drink Choices

This policy was introduced in 2006 by the West Australian Government. This is the 'Traffic Light System' as foods are Categorised as Green, Amber and Red!

● GREEN - This colour indicates it is low in fat, sugar or salt and can be eaten or consumed regularly. It is the healthiest of choices.

● AMBER - Indicates that content of fat, sugar or salt is medium in these foods and can be eaten occasionally though not on a regular basis.

● RED - Indicates that the food is high in fat, sugar or salt. It is best to avoid these kinds of food and can be eaten only rarely and will not be served in this canteen!

BREAKFAST 7.30AM TILL 8.30AM

- Selection of Whole Fruit $1.50
- Fresh Fruit Salad 500ml $3.50
- Up and Go (chocolate, strawberry & vanilla) $2.50
- Hash Browns (2 x small oven baked) $1.00
- Bacon & Egg, cheese & BBQ sauce toastie $4.50

MORNING RECESS AND LUNCH

BURGERS

- Steak & Salad (steak, salad & tomato sauce) $6.00
- Hamburger (beef pattie, cheese, salad, beetroot & tomato sauce) $6.00
- Cheese Burger (beef pattie, cheese & special sauce) $5.00
- Fish & Salad Burger (fillet of fish, salad, & mayo) $5.50
- Chicken & Salad Burger (crumbed chicken breast, salad, cheese & mayo) $6.00
- Veggie Burger (vegetable pattie, salad, beetroot & tomato sauce) $4.50

(Salad includes lettuce, tomato, cucumber, spanish onion and carrot)

Gluten free rolls available $1.00 extra

SANDWICHES

(Sandwiches Made With White, Wholemeal or Gluten Free Bread)

- Mega Salad (Lettuce, Tomato, Avocado, Cucumber, Spanish Onion, Beetroot, Roasted Capsicum and Carrot) $4.00
- BLT (Bacon, Lettuce, Tomato & Chilli Mayo) $5.00
- Chicken $3.50
- Ham $3.50
- Tuna $3.50
- Cheese $3.00
- Egg, Cheese & Mayo $3.50
- Add Salad $1.00

(Salad Includes - Lettuce, Tomato, Cucumber, Spanish Onion and Carrot)

Gluten free bread $1.00 extra

TOASTED SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

- Ham & Cheese $4.00
- Chicken & Cheese $4.00
- Chicken, Cheese, Avocado & Mayo $4.50
- Ham, Cheese & Tomato $4.50

or DESIGN YOUR OWN TOASTIE!!

Choose from; Ham, Chicken, Cheese, Roasted Capsicum, Sundried Tomato, Avocado and Tomato. Gluten free bread $1.00 extra

TOASTED FOCACCIA'S

- 1) Bacon, cos lettuce, tomato, cheese & onion jam $6.50
- 2) Crumbed chicken breast, avocado. cheese, roasted capsicum, red onion and sweet chilli sauce $6.50
- 3) Ham, salami, sundried tomato, roasted capsicum, tomato, red onion and pickle mustard $6.50

SALADS

- Garden Salad (Lettuce, tomato, cucumber, spanish onion, fetta, carrot, olives, sundried tomatoes and dressing) $5.50
- Spicy Chicken Salad (Garden salad topped with chilli mayo and grilled chicken strips) $7.00
- Caesar Salad (Cos lettuce, bacon, croutons, egg, parmesen cheese and caesar dressing) ..... small $4.00 large $6.50

Monday & Wednesday

- BBQ Chicken Burger (Grilled chicken breast, bacon, onion jam, cheese, tomato & lettuce) $6.00
- Mrs Macs Giant Sausage Roll $3.50
- Chicken Chilli Wrap (Crumbed chicken, lettuce, red onion, cheese & sweet chilli sauce) $6.50
- Lasagna (homemade) ..... small $4.50 large $6.00

Tuesday & Thursday

- Red Thai Chicken Curry with rice $6.00
- Chicken Schnitzel & Coleslaw $6.50
- Pasta Bolognese (homemade) ..... small $4.50 large $6.00
- Ham & Salad Wrap (Filled with ham, lettuce, tomato, cucumber, onion, carrot, cheese & mayo) $7.00

Friday

- Traditional Mr's Mac's Beef Pie $4.00
- Fried Rice (Asian vegetables, rice, chilli, soy, ginger and egg) ..... small $4.00 large $5.50
- Chicken & Salad Wrap (Filled with chicken, lettuce, tomato, cucumber, onion, capsicum, carrot, cheese & chilli mayo) $7.00
- Chicken Slaw Burger (Burger with crumber chicken breast, cheese and coleslaw) $6.00

DRINKS

- Brownes Milk (Mocha, Choc, Banana, Strawberry, Spearmint) ..... 300ml $2.50 ..... 600ml $4.00
- Oak Milk (Vanilla, Chokito, Strawberry, Chocolate) 600ml $4.00
- Harvey Fresh Milk (Cappuccino, Chocolate) 500ml $4.00
- Harvey Fresh Real Juice (Apple, Orange, Apple & Blackcurrant) ... 450ml $3.00
- Harvey Fresh Juice Box (Apple, Tropical, Orange, Apple & Blackcurrant) 250ml $1.50
- Chill Ice Tea (Mango, Peach, Blueberry, Rasberry) $4.00
- Brownes Orange "C" 300ml $2.00 600ml $3.00
- Waterfords Mineral Water (Lime, Apple Rasberry, Orange Mango & Orange Passionfruit) 500ml $3.00
- Water 600ml $2.00

SQUEEZE ON SAUCE; tomato, BBQ & Sweet Chilli $0.50