

ATWELL COLLEGE CANTEEN SUMMER MENU 2022

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 8.45AM

- Selection of Whole Fruit\$1.50
- Fresh Fruit Salad 500ml\$4.50
- Up and Go (chocolate, strawberry, banana & vanilla)\$2.50
- Hash Browns (7 x mini oven baked)\$3.50
- Bacon & Egg, burger with tomato sauce\$4.50

MORNING RECESS AND LUNCH

SANDWICHES

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

- BLT (Bacon, Lettuce, tomato & Mayo)\$5.00
- HCT (Ham, cheese, tomato & Mayo)\$5.00
- Chicken Salad (Chicken, tomato, cucumber, onion, carrot, lettuce & Mayo) ..\$5.00
- Roast Beef (Roast beef, red onion, cheese & mustard relish)\$5.00
- Egg, Cheese & Mayo\$4.00
- Veggie (Tomato, red onion, capsicum, cucumber, carrot, beetroot, lettuce & mustard relish)\$4.50

Gluten free bread \$1.00 extra

BURGERS

- Steak & Salad Burger (steak, tomato, cucumber, onion, carrot, lettuce, beetroot & tomato sauce)\$6.50
- Hamburger (beef pattie, cheese, tomato, cucumber, onion, lettuce, beetroot & tomato sauce)\$6.00
- Cheese Burger (beef pattie, cheese & special sauce).....\$5.00
- Chicken Slaw Burger (crumbed chicken breast, coleslaw & cheese\$6.00
- BLT Burger (bacon, lettuce, tomato & mayo).....\$5.00
- Fish Burger (battered fish, lettuce, tomato, cucumber, cheese & mayo).....\$6.00
- Veggie Burger (Bubble & Squeek, tomato, lettuce, cucumber, carrot, beetroot & tomato sauce)\$5.00

Gluten free rolls available \$1.00 extra

TOASTED SANDWICHES

(Made With White, Wholemeal or Gluten Free Bread)

- Ham & Cheese\$4.50
- Ham, Cheese & Tomato\$5.00
- Chicken, Cheese & Mayo\$4.50
- Chicken, Cheese, Avocado & Mayo.....\$5.00
- Bacon, Egg & BBQ Sauce.....\$4.50

Gluten free bread \$1.00 extra

TOASTED FOCACCIA'S

- Grilled chicken breast, cos lettuce, bacon, red onion, cheese & sweet chilli.....\$6.50
- Ham, cheese, tomato, roasted capsicum & onion jam.....\$6.50
- Avocado, beetroot, roasted capsicum, onion jam, tomato, cheese and cos lettuce\$6.50

SALADS

- Garden Salad (Lettuce, tomato, cucumber, red onion, fetta, carrot, olives, sundried tomatoes and dressing)\$6.00
- Caesar Salad (Cos lettuce, bacon, croutons, egg, and caesar dressing)\$6.50
- Spicy Chicken Salad (Garden salad topped with chilli mayo and grilled chicken strips)\$7.00

Monday & Wednesday

- Mrs Macs Giant Sausage Roll\$3.80
- Lasagna (Traditional Homemade) small \$4.50 large \$6.00
- Sweet Chilli Chicken Wrap (Chicken tenders, lettuce, cheese, tomato, red onion and sweet chilli sauce\$7.00
- Pasta Carbonara (Penne pasta, onion, bacon, cream & cheese)\$6.00

Tuesday & Thursday

- Red Thai Chicken Curry & Rice.....\$6.00
- Pasta Bolognese (Penne pasta in traditional bolognese sauce)small \$4.50 large \$6.00
- Summer Salad (Garden salad, ham, cheese, egg & dressing).....\$7.00
- Ham Wrap (Ham, lettuce tomato, cucumber, carrot & cheese).....\$7.00

Friday

- Mr's Mac's famous Beef Pie\$4.20
- Chicken Wrap (Chicken, lettuce tomato, onion, cucumber, carrot, cheese & mayo) ...\$7.00
- Chicken Parmigiana (Crumbed chicken, salsa, ham & cheese served with wedges)\$6.50
- Macaroni Cheese (Pasta baked with white sauce, cheese & bread crumbs)small \$4.50 large \$6.00

DRINKS

- Oak Milk (Vanilla, Banana, Mocha, Strawberry, Chocolate) small\$2.50 large \$4.00
- Juice Bomb (Lime, Raspberry, Grape, Cola & Passionfruit) small \$2.50 large \$4.00
- Harvey Fresh Real Juice (Apple, Orange, Apple & Blackcurrant) ...450ml \$3.00
- Harvey Juice Box (Apple, Tropical, Orange, Apple & Blackcurrant) ...250ml \$1.50
- Chill Ice Tea (Watermelon, Mango, Peach, Blueberry, Raspberry)500ml \$4.00
- Waterfords Mineral Water (Lime, Apple Raspberry, Orange Mango & Orange Passionfruit).....500ml \$3.00
- Water.....600ml \$2.00

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