

<b>GREEN</b>
Everyday foods
Eat most of these

<b>AMBER</b>
Select carefully
Limit these foods

<b>RED</b>
Occasional
Once or twice per term

**WANGANUI PARK SECONDARY COLLEGE  
CANTEEN MENU AND PRICES  
SUMMER – 2016-2017**

Lunches can be ordered from 8.30am until Home Group, and also at recess.  
Orders are made at the front counter on bags provided.  
Benefits of ordering: Students are guaranteed they won't miss out, and have the opportunity of ordering what they really want.

<b>ROLLS AND SANDWICHES</b>	
Served on wholemeal or white if ordered	
Mixed sandwiches	4.50
Ham only	4.00
Chicken only	4.00
Salad only	4.00
Ham and salad	4.50
Chicken and salad	4.50
Tuna & Salad Roll	4.50
Hot Savoury Roll with cheese	2.20
Hot Wholemeal Roll with cheese	1.50
<b>SINGLE FILLING</b>	3.00
eg Vegemite, Cheese, Peanut Butter, Tomato	

**\* AVAILABLE TUESDAY - FRIDAY**

Chicken & Salad Wrap	4.50
Chicken & Caesar Wrap	4.50
Salad Plate (Available Daily)	4.50
Chicken Caesar Salad	4.50
Greek Style Couscous Salad	4.50

**AVAILABLE DAILY (ORDER ONLY)**

Ham, Cheese, Tomato Focaccia	4.00
Ham, Cheese, Pineapple Focaccia	4.00
Chicken & Avocado Focaccia	4.00
Mediterranean Falafel Wrap	4.50
Fried Rice – Veg	4.50
Pasta	4.50
Honey Soy Chicken Risoni	4.50
Singapore Noodles	4.50

**HOT SPECIALS 1 VARIETY EVERY DAY – CHECK BOARD**

<b>Monday</b> – Baked Potatoes	4.50
<b>Tuesday</b> – Sweet Chilli Chicken Burgers	4.50
<b>Wednesday</b> Chicken & Gravy Roll	4.50
<b>Thursday</b> – Beef Burgers	4.50
<b>Friday</b> – Lamb Souvlaki with Tzatziki Sauce	4.50

<b>SNACKS</b>	
Fruit (per piece)	.80
Grapes (when available)	.80
Savoury Roll	1.80
Hedgehog	1.60
Muffin – Blueberry & Apple)	2.50
Muffin – Pear & Raspberry	2.50
Muffin – Cheeky Chocolate	2.50
Muffin - Jaffa	2.50
Coffee Scrolls	2.50
Yoghurt Thick & Creamy (LOW FAT)	1.80
Yoghurt & Peaches (when available)	2.50
Yoghurt & Strawberries) (seasonal)	2.50
Fruit Salad	4.00
Watermelon (seasonal)	.70
Salada and Cheese	.80
Rice Crackers	.40
Salada	.40
Dip – Sweet Chilli	.60
Celery, Carrot & Cheese Sticks	1.00
Popcorn	1.20
<b>Chips, J &amp; J's</b>	<b>1.00</b>

**DRINKS**

Nippies Low Fat Milk	2.50
Dairy Farmers Iced Coffee	3.00
Big M – Choc)	3.00
Big M – Strawberry	3.00
All Iced Tea – Nestea – Lemon, Peach, Mango-Pineapple, Lemon-Lime	3.50
Just Juice Assorted Flavours	2.00
Berri Juice - Apple, Apple & Blackcurrant Orange & Tropical Flavours	3.00
Pump Water - Plain	2.50
Bottled Water	2.00

Toasted Sandwiches – 40c extra