

The canteen will be open every Monday and Friday. Based on the Healthy School Canteens initiative of the NSW Dept of Education, our canteen menu includes green items only.

All options are Halal and GF is available where noted and must be indicated when ordering.

The canteen is operated by Ermington West P&C volunteers. All lunch orders need to be written on a brown paper bag and dropped at the canteen box before 9am.

Monday Lunch

SALAD TUB

incl: lettuce, tomato, carrot, cucumber, cheese	\$3.00
Add: BBQ chicken	\$1.00
Add: tuna or ham	\$1.50

SANDWICHES & WRAPS

Wholemeal bread or wrap	\$2.50
incl: tomato, grated carrot, cucumber, cheese	
Add: ham or tuna	\$1.50
Add: egg	\$1.00

Cheese sandwich or wrap	\$1.50
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Hot chicken BBQ roll (tomato, bbq, sweet chilli sauce or mayo)	\$3.00
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PopCorn Chicken (Crumbed Chicken bites) (tomato, bbq or sweet chilli sauce)	\$3.00
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Corn on the cob	\$0.50
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Garlic bread (limited to 2 pieces)	\$0.50
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Hot soup - Chicken Noodle Soup	\$3.00
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Friday Lunch

MAMAS KITCHEN

	\$5.00
22-Jul Grilled Chicken Burgers	
29-Jul Spaghetti Bolognese & Garlic Bread	
5-Aug Honey Soy Chicken and Rice	
12-Aug Beef Nachos with Tortilla Chips	
19-Aug Butter Chicken and Rice	
26-Aug Chicken Noodle Stir Fry with Oyster Sauce	
2-Sep Chicken Kebabs in Pita Bread w Tzatziki	
9-Sep Hot Dogs	
16-Sep Lasagne with garlic bread	
23-Sep Special Day - Note will be sent home	

Recess Items

Cucumber or carrot sticks with tzatziki or hummus dip	\$1.50
Rice crackers	\$1.00
Rice crackers with dip	\$1.50
Rice crackers with cheese	\$1.50
Yoghurt	\$1.00
Yoghurt with granola and berries	\$2.00
Fresh or frozen fruit	\$0.50
Fruit smoothie (yoghurt with assorted fruit)	\$2.00
Fruit Slushie (fruit & crushed ice)	\$2.00
Muffin of the week	\$1.00
Water	\$0.50