

Villa Canteen Menu Term 4 2009 & Term 1 2010

MONDAY		Focaccia Chicken or Vegetarian \$3.50		Pasta \$2.50		TOASTIES -		BURGERS -			
Water	\$1.00	Tasty Chicken Rye	\$3.00	Honey Chicken Wrap	\$3.50	Baked Bean/Cheese	\$2.00	Chicken	\$3.50	Muffins	\$2.50
Milk	\$1.80			ASSORTED KNOTS -		Ham/Cheese/Pineapple	\$2.00	Vegetarian	\$3.50		
Fruit	\$0.80	Mexican Roll	\$3.00	Chicken or Vege	\$3.50	QUICHE -		BBQ Rib Roll	\$3.50	Slices	\$0.80
Assorted Juice from	\$1.80	Ciabatta/Chick/Cranberry	\$3.50	Chicken Bagel	\$3.50	Ham or Bacon or		Pizza	\$2.50		
				Vegetarian Bagel	\$3.50	Vegetarian	\$2.70				
TUESDAY		Chicken Teriyaki \$3.50		Pasta \$2.50		TOASTIES -		BURGERS -			
Water	\$1.00	Sushi	\$3.00	Honey Chicken Wrap	\$3.50	Baked Bean/Cheese	\$2.00	Chicken	\$3.50	Muffins	\$2.50
Milk	\$1.80	Club Sandwich	\$1.80	Tasty Chicken Rye	\$3.00	Ham/Cheese/Pineapple	\$2.00	Vegetarian	\$3.50		
Fruit	\$0.80	Chicken Salad	\$2.50	Chicken Bagel	\$3.50	QUICHE -		Chicken Satay Roll	\$3.50	Slices	\$0.80
Assorted Juice from	\$1.80	Fruit Salad	\$3.50	Vegetarian Bagel	\$3.50	Chilli Chicken & Cheese	\$2.00				
		Ham Cheese P/apple Roll	\$3.50	Mexican Roll	\$3.00						
WEDNESDAY		Focaccia Chicken or Vegetarian \$3.50		Pasta \$2.50		TOASTIES -		BURGERS -			
Water	\$1.00	Tasty Chicken Rye	\$3.00	Honey Chicken Wrap	\$3.50	Baked Bean/Cheese	\$2.00	Chicken	\$3.50	Muffins	\$2.50
Milk	\$1.80			ASSORTED KNOTS -		Ham/Cheese/Pineapple	\$2.00	Vegetarian	\$3.50		
Fruit	\$0.80	Mexican Roll	\$3.00	Chicken or Vege	\$3.50	QUICHE -		BLT	\$3.50	Slices	\$0.80
Assorted Juice from	\$1.80	Ciabatta/Chick/Cranberry	\$3.50	Chicken Bagel	\$3.50	Ham or Bacon or		Pizza	\$2.50		
				Vegetarian Bagel	\$3.50	Vegetarian	\$2.70				
THURSDAY		Chicken Teriyaki \$3.50		Pasta \$2.50		TOASTIES -		BURGERS -			
Water	\$1.00	Club Sandwich	\$1.80	Honey Chicken Wrap	\$3.50	Baked Bean/Cheese	\$2.00	Chicken	\$3.50	Muffins	\$2.50
Milk	\$1.80	Bacon Egg Tom Sandwich	\$3.00	Tasty Chicken Rye	\$3.00	Ham/Cheese/Pineapple	\$2.00	Vegetarian	\$3.50		
Fruit	\$0.80	Chicken Salad	\$2.50	Chicken Bagel	\$3.50	QUICHE -		Chicken Satay Roll	\$3.50	Slices	\$0.80
Assorted Juice from	\$1.80	Fruit Salad	\$3.50	Vegetarian Bagel	\$3.50	Chilli Chicken & Cheese	\$2.00				
		Ham Cheese P/apple Roll	\$3.50	Mexican Roll	\$3.00						
FRIDAY		Focaccia Chicken or Vegetarian \$3.50		Pasta \$2.50		TOASTIES -		BURGERS -			
Water	\$1.00	Tasty Chicken Rye	\$3.00	Honey Chicken Wrap	\$3.50	Chilli Chicken & Cheese	\$2.00	Chicken	\$3.50	Muffins	\$2.50
Milk	\$1.80	Sushi	\$3.00	ASSORTED KNOTS -		Ham/Cheese/Pineapple	\$2.00	Vegetarian	\$3.50		
Fruit	\$0.80	Mexican Roll	\$3.00	Chicken or Vege	\$3.50	QUICHE -		BBQ Rib Roll	\$3.50	Slices	\$0.80
Assorted Juice from	\$1.80	Ciabatta/Chick/Cranberry	\$3.50	Chicken Bagel	\$3.50	Ham or Bacon or		Pizza	\$2.50		
				Vegetarian Bagel	\$3.50	Vegetarian	\$2.70				

Please order your lunch by writing your order on a brown bag with your name, order and amount of money in the bag. Please bring to the canteen door. This will enable you to get your lunch without queuing outside.

PLEASE ORDER FOODS THAT ARE HEALTHY

The menu helps you choose

GREEN AND YELLOW ARE HEALTHY AND LOW FAT

ORANGE is not too bad if having only one item

RED is really bad news for the waistline