

CAN YOU HELP US

Can you spare 30 minutes, one or two hours or a whole morning? We would be grateful for any time you can offer.

We need help to receive, sort, pack and make up the orders, serve the kids at recess and lunch, and clean up.

Tea, coffee and lunch is provided!
Come with a friend!

If you are able to volunteer, please put your name down on the roster at the canteen, call the canteen on 0490 536 711, or email wlpscanteen@outlook.com

Many thanks



West Leeming P&C
involvement



WILD WEST CAFÉ

WEST LEEMING P&C

TERM 2 and 3 2019

PAPER FREE MENU

Open Tues, Wed, Thurs & Fri
(Undercover Area)

Contact Rita on 0490 536 711

IT'S EASY TO ORDER

1. Lunch bags can be purchased at the canteen. 10 bags for 50c (includes drink order slips).
2. Drop you order into the canteen's order box (with correct amount) or hand it in to the canteen between 8.30am and 9.00am

OR

Order online through QUICKCLIQ

BY 8.50am

<http://www.quickcliq.com.au>

QUICKCLIQ

For more information, please read the "How to register" flyers and FAQs available on the School Stream App (P&C tab) and [School Website](#). The School Office and Canteen have hard copies if required.

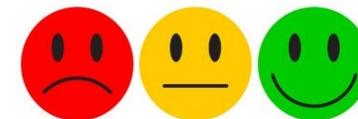
ORDER AHEAD

Order a week, fortnight or term in advance. Simply fill in the bags for those dates and pay at the canteen.

Pre-purchase money tokens to save the hassle of finding money on the day.
Value \$32.00.

HEALTHY EATING GUIDELINES

WA Canteens must plan a healthy menu based on a traffic light system. This system rates food according to their nutritional value as per fat, sugar and salt content.



Red foods are off the menu.

Amber foods are included in limited amounts and are carefully selected.

Green foods are everyday foods low in fat, sugar and salt and make up the bulk of our menu.

EVERY DAY

SANDWICHES AND WRAPS

Salad (V) (Lettuce, tomato, carrot)	\$2.50
Chicken	\$3.50
Ham	\$3.00
Egg (V)	\$3.00
Cheese (V)	\$2.50
Vegemite (V)	\$2.00
Tuna	\$3.50

Add 50c extra for salad, egg, beetroot or cheese.

TOASTED SANDWICHES

Cheese (V)	\$2.80
Ham	\$3.30
Ham & cheese	\$3.80
Chicken	\$3.80
Chicken & cheese	\$4.30
Baked Beans (V)	\$3.00
Baked Bean & cheese	\$3.50
Spaghetti (V)	\$3.00
Spaghetti & cheese	\$3.50
Vegemite (V)	\$2.50
Vegemite & Cheese	\$2.80

Gluten free bread available for toasted sandwiches for \$1.00 extra

EVERY DAY (cont'd)

Garden salad tray (V) (Lettuce, tomato, carrot and cucumber with a slice of buttered bread)	\$3.00
Add extra 50c for egg, beetroot or cheese	
Pizza: ham hero, BBQ chicken or very vegetarian (V)	\$3.20
Macaroni Cheese ((V)	\$4.00
Baked Beef Bolognaise	\$4.00
NOW AVAILABLE Tues, Wed & Thurs	
Nachos with homemade sauce (GF,V)	\$3.50
Add \$1.00 extra for beef or chicken	

SPECIALS

TUESDAY

Sausage Roll	\$2.50
Party Pie	\$1.20

WEDNESDAY

Crispy Chicken breast burger with salad & mayo	\$4.00
Gluten Free chicken strip & salad wrap (GF)	\$4.50
Add 50c extra for cheese	

THURSDAY

Yummy drummies & gems	\$4.00
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FRIDAY

Hotdog (with sauce)	\$3.00
Add 50c extra for cheese	

EXTRAS

Tomato/BBQ sauce	\$0.30
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RECESS ITEMS

Asst homemade treats	\$1.00
Large cheesie (half roll) (V)	\$1.00
Potato gems (Fridays)	\$1.00
Hot Chocolate	\$1.00

LUNCH TREATS

Quelch sticks	\$0.80
Popcorn (GF) (V)	\$1.20
Red Rock Deli chips	\$1.20
Grainwaves	\$1.20
Billabongs	\$1.50
Moosies	\$1.20

DRINKS

Flavoured milk 300ml (choc, berry, banana & Neapolitan)	\$2.20
Juicee Crush Juice Box (250ml) (orange, apple & apple blackcurrant)	\$1.20
Water	\$1.50
Fruit bomb (vanilla lime, apple raspberry, apple Blackcurrant, orange passion)	\$2.50

