

# Term 4 2026

## Cafeteria Menu

### DAILY BREAKFAST (7.45AM - 8.25AM)

|                                                   |      |
|---------------------------------------------------|------|
| Raisin toast or toast with jam, honey or vegemite | 2.50 |
| Hot chocolate, milo or tea                        | 2.50 |

### DAILY RECESS

|                                         |      |
|-----------------------------------------|------|
| Cheesie (V)                             | 3.50 |
| Muffins (V)                             | 3.00 |
| Chia pudding (DF, GF)                   | 4.80 |
| Muesli with apple & yoghurt             | 4.80 |
| Granola with yoghurt & berries (DF, GF) | 4.80 |
| CADA                                    | 4.80 |
| Veggie sticks & dip                     | 4.80 |
| Vegemite roll                           | 2.00 |
| 1/2 Vegemite roll                       | 1.40 |
| Buttered roll                           | 1.80 |
| 1/2 Buttered roll                       | 1.20 |
| Gluten free brownie                     | 3.20 |
| Daily cake slice                        | 3.20 |
| Banana bread (GF)                       | 3.20 |
| Fruit salad (seasonal)                  | 4.80 |
| Watermelon                              | 4.80 |

### MONDAY

|                   |      |
|-------------------|------|
| Yummy drummy      | 5.00 |
| Hash brown x2 (V) | 3.00 |
| Pizza cheesie     | 4.00 |

### TUESDAY

|                      |      |
|----------------------|------|
| Chicken nuggets (GF) | 3.00 |
| Gozleme              | 4.00 |

### WEDNESDAY

|                          |      |
|--------------------------|------|
| Pizza jaffles (assorted) | 5.00 |
| Chicken chilli wrap      | 5.00 |
| Party pie x2             | 3.50 |

### THURSDAY

|                              |      |
|------------------------------|------|
| Chicken pita pocket          | 5.00 |
| Toasted sandwiches - various | 5.00 |
| Pizza cheesie                | 4.00 |

### FRIDAY

|                              |      |
|------------------------------|------|
| Toasted sandwiches - various | 5.00 |
| Party pie x2                 | 3.50 |
| Garlic bread                 | 3.00 |



### DAILY LUNCH - SUMMER

|                                             |      |
|---------------------------------------------|------|
| Toasted turkish or ciabatta roll            |      |
| Ham, beef, chicken, salami or roast pumpkin | 7.00 |
| Baked potato                                |      |
| With cheese                                 | 5.00 |
| With cheese & beans                         | 5.50 |
| Caesar salad with chicken or pumpkin (V)    | 7.00 |
| Pasta salad (V)                             | 7.00 |
| Spinach & ricotta sausage roll              | 7.00 |

### HOT FOOD

#### Monday

|                                               |      |
|-----------------------------------------------|------|
| Fried rice (V, GF)                            | 6.00 |
| Hotdog                                        | 5.00 |
| Tomato & basil pasta (V, GF option available) | 6.00 |

#### Tuesday

|                                         |      |
|-----------------------------------------|------|
| Burger (beef, chicken, parmi or cheese) | 7.00 |
| Tacos (GF, V option available)          | 6.50 |
| Loaded wedges                           | 6.00 |

#### Wednesday

|                    |      |
|--------------------|------|
| Meatball sub       | 6.00 |
| Fried rice (V, GF) | 6.00 |

#### Thursday

|                                         |      |
|-----------------------------------------|------|
| Pie/sausage roll                        | 5.50 |
| Nachos (GF, V)                          | 6.00 |
| Burger (beef, chicken, parmi or cheese) | 7.00 |

#### Friday

|                                      |      |
|--------------------------------------|------|
| Fish & wedges                        | 6.00 |
| Pizza slice - meatlover or margarita | 4.50 |
| Mac & cheese (V)                     | 6.00 |

### COLD FOOD

|                                                                      |      |
|----------------------------------------------------------------------|------|
| <b>Monday:</b> rainbow salad                                         | 7.00 |
| <b>Tuesday:</b> sushi bowls                                          | 7.00 |
| <b>Wednesday:</b> burrito bowls                                      | 7.00 |
| <b>Thursday:</b> wraps (ham, beef, chicken, salami or roast pumpkin) | 7.00 |
| <b>Friday:</b> rainbow salad                                         | 7.00 |

### EXTRAS

|                                          |      |
|------------------------------------------|------|
| Gluten free bread or wrap                | 1.00 |
| Extra protein, cheese or avocado         | 1.00 |
| Beetroot, tomato sauce or salad dressing | 0.50 |
| Falafel (V, GF)                          | 1.00 |

### SNACKS

|                        |      |
|------------------------|------|
| Milo bar               | 2.20 |
| Popcorn/chips          | 2.20 |
| Fruit (seasonal)       | 0.80 |
| Yoghurt                | 3.40 |
| Yogo (chocolate)       | 3.40 |
| Frozen Items           |      |
| Vanilla bucket (light) | 2.50 |
| Zooper dooper          | 1.50 |
| Milo icecream          | 4.00 |
| Froyo (LF) (GF)        | 4.00 |

### DRINKS (AVAILABLE ALL DAY)

|                             |      |
|-----------------------------|------|
| Up & Go                     | 3.50 |
| Flavoured milk (small)      | 4.00 |
| Flavoured milk (large)      | 4.80 |
| Harvey Fresh juice 250ml    | 3.50 |
| Harvey Fresh juice 450ml    | 4.50 |
| Spring water                | 2.40 |
| Sparkling water (375ml can) | 3.00 |
| Waterford sparkling (475ml) | 4.60 |
| Juice bomb                  | 3.80 |

**Our Canteen menu aligns with the Healthy Food and Drinks in Schools guidelines.**



**Pre-order via the CDF Pay App!**

**Interested in volunteering with us?** Email Cafeteria Manager  
Louise at [louise.odowd@cewa.edu.au](mailto:louise.odowd@cewa.edu.au)