



# Tranby College Canteen Menu

## Term I 2025

Our Canteen Menu promotes the WA School Canteen Associations Traffic Light System, which categorises food based on nutritional value. We encourage students to make healthy choices by choosing GREEN options regularly and AMBER occasionally.

### DAILY SPECIALS

#### MONDAY

Butter Chicken & Rice (GF)	\$6.50
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#### TUESDAY

Chicken Burrito	\$6.50
Vegetarian Burrito	\$5.50

#### WEDNESDAY

Sushi 5 piece - chicken or tuna (GF - tuna only)	\$6.50
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#### THURSDAY

Pasta in a homemade beef bolognaise sauce with cheese (GFO)	\$6.50
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#### FRIDAY

Sausage Roll (GFO)	\$3.20
Beef Cruiser	\$4.50
Potato Topped Pie	\$5.00
Party Pie	\$2.00
Spinach & Ricotta Roll	\$3.70

### LUNCH OPTIONS

Twister Wrap - chilli chicken strip, lettuce, mayo, carrot & tomato	\$4.70 small \$6.50 large
Chicken Burger - lettuce, carrot & mayo	\$5.50
Tranby Sub & Slaw - chilli chicken strip, carrot, lettuce & mayo	\$6.00
Beef Burger - lettuce, tomato, carrot & sauce	\$6.00
Chicken Fried Rice (GF)	\$6.00
Vegetarian Fried Rice (GF, V)	\$5.00
Zucchini Slice with salad (GF, V)	\$5.50
Zucchini Slice only (GF, V)	\$3.00
Chicken Nuggets x 5 with sauce (GFO)	\$5.00
Hot Dog with sauce	\$5.00
Hot Dog with sauce & cheese	\$5.50

	Sandwich white, wholemeal, or GF	Wrap
Chicken & salad	\$5.50	\$6.00
Cheese & salad	\$4.50	\$5.00
Ham & salad	\$5.00	\$5.50
Tuna, mayo & salad	\$5.00	\$5.50
Egg & salad	\$4.50	\$5.00
Salad	\$4.00	\$4.50
Vegemite (GFO)	\$2.00	-
Fruit Spread	\$2.00	-

### TOASTED OPTIONS

	Sandwich white, wholemeal, or GF	Focaccia
Ham & cheese	\$5.00	\$6.00
Ham, cheese & tomato	\$5.50	\$6.50
Chicken & cheese	\$6.00	\$6.50
Cheese & tomato	\$4.50	\$5.50
Cheese	\$4.00	\$5.00

**OUR DAILY SPECIALS  
ARE PREPARED FRESH  
EACH MORNING!**

### SALADS

Plain Salad	\$4.50
Vietnamese Noodle Salad (GF, V)	\$5.50
Vietnamese Noodle Salad with Chicken (GF)	\$6.50

### EXTRAS

Red onion, beetroot, cheese	\$0.50
Chicken, egg, ham, avocado (GF)	\$1.00
Sweet chilli chicken strip	\$1.50
Tomato Sauce Squeezy	\$0.50
Lunch Order Bags (25)	\$1.00

### ICE CREAMS

Vanilla Ice Cream Bucket (GF)	\$2.00
Frozen Strawberry Yoghurt (GF)	\$2.80

### DRINKS

Cup of Milo (Breakfast Only)	\$1.00
Flavoured Milk - 300ml	\$3.20
Flavoured Milk - 600ml (Senior School Only)	\$4.50
Water - 600ml	\$2.00
Up & Go - strawberry, chocolate, vanilla, choc protein	\$3.00
Harvey Fresh Juice Box	\$2.50
Glee Sparkling Fruit Juice	\$3.20
Waterford Sparkling Mineral Water	\$3.50

### ALLERGY DISCLAIMER

As we are a working kitchen with Gluten Products, and whilst all care and proper procedure is taken to prevent cross contamination, we cannot guarantee it will not occur.

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### DAILY SNACKS

#### MONDAY & THURSDAY

Pizzas (asst.)	\$3.00
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#### TUESDAY

Salsa Nachos (GF, V)	\$3.00
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#### WEDNESDAY & FRIDAY

Chicken Sliders	\$3.00
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### EVERDAY SNACKS

Cheesie	\$1.40
Cheesie & sauce	\$1.50
Vegetable Spring Roll	\$0.50
Quesadilla	\$2.50
Ham & Cheese Croissant	\$3.00
Fruit Salad Cup	\$3.00
Carrot Sticks	\$1.00
Piece of Fruit (Apple/Orange)	\$1.00
Snaps - BBQ (GF)	\$2.20
Red Rock Sweet Chili & Sour Cream	\$2.80
Grain Waves	\$2.80
Banana Bread (GFO)	\$2.50
Homemade Cookie (GFO)	\$1.20
Homemade Muffin (GFO)	\$2.00
Hash Brown	\$1.00

V - Veg  
GF - Gluten Free  
GFO - Gluten Free Option  
(Please ask for GFO)