

CANTEEN MENU 2017

Open Monday and Thursday

Our menu complies with the Catholic Education commission of Western Australia's Healthy Food and Drink Choices Policy.

Our Menu has been colour coded according to the Traffic Light System and proudly offers 80% Green choices and limits the availability of Amber choices meaning that we exceed the minimum standards. We do not sell Red items.

Please note the following information about our Canteen products:

- We use lean ham and lean chicken.
- **ALL** dairy is reduced fat
- **ALL** spreads are poly or mono unsaturated fats and dressings are reduced fat
- **ALL** school made items are appropriate portions
- Bread and rolls are wholemeal – white is only available on request

Please note:

During the term, some items will be added to the menu as the new Canteen Menu settles in.

The individual prices will be reviewed over the term to ensure the Canteen is viable.



RECESS

Fruit	\$0.20
Fruit salad, small	\$3.50
Yoghurt, low fat	\$3.60
Pikelet	\$1.20
Wholemeal crackers with cheese	N/A
Veggie sticks with low fat dip	\$3.90
Cheesie	\$1.60
Muffins	School made with fruit \$2.00

DRINKS MENU

Milk, Hi Lo	\$2.50
Strawberry milk, low fat	\$2.50
Banana Milk, low fat	\$2.50
Choc milk, low fat	\$2.50
Choc Mint, low fat	\$2.50
LUNCH - SALAD BOXES	
Salad (lettuce, cucumber, tomato, carrot, capsicum, mayo/dressing)	\$3.50
Chicken salad	\$3.50
Egg salad	\$3.50
Tuna salad	\$3.50

You can choose to add any of the following to your salad box:

- Beetroot
- Bean mix
- Light coleslaw
- Light potato salad



Please turn over for more great Lunch options!



SANDWICHES & ROLLS

To add salad to your sandwich, please pay \$1.00 extra

Vegemite	\$2.00
Salad	\$3.00
Cheese / Cheese with salad	\$2.70
Egg / Egg with salad	\$3.50
Chicken / Chicken with salad	\$5.50
Tuna / Tuna with salad	\$4.10
Ham with salad	\$4.10

WRAPS

Chicken with salad	\$4.00
Egg with salad	\$3.50
Cheddar cheese with salad	\$3.00
Tuna with salad	\$4.00
Ham with salad	\$4.00

TOASTIES

Cheese	\$3.00
Cheese + ham	\$3.00
Cheese + ham + tomato	\$3.00
Cheese + ham + pineapple	\$3.00
Cheese + chicken	\$3.00
Cheese + chicken + pineapple	\$4.50

HOT LUNCH CHOICES

HH = Homemade & healthy. CA = WASCA Approved

Corn cob	\$2.00
Soup of the day HH	\$4.50
Mac & cheese CA	\$4.00
Spaghetti bolognese CA	\$4.00
Chicken breast burger + salad in wholemeal roll	\$4.00
Veggie burger with salad in wholemeal roll	\$3.70
Focaccia Cheese and Bacon	\$3.50
Sushi: Chicken or Tuna <i>Pre-ordered Friday for Monday and Wednesday for Thursday.</i>	\$5.00
Nachos, plain corn chips, cheese (school made salsa containing corn, tomato, zucchini)	\$4.00

AFTER LUNCH MENU

Fruit salad	\$3.50
Quelch Sticks (99% fruit juice) CA	\$1.00
Ice creams CA (Paddle Pops Chocolate and Rainbow)	\$2.00
Light Vanilla Buckets	\$1.60

Special Menu

Good Eating Sausage roll CA, Cruiser light beef pie CA Party pie CA Party Sausage Roll	Week 1, 5, 9 \$3.00 \$3.50 \$1.50 \$1.50
Hot Dogs	Week 2, 6, 10 \$3.00
Chicken Teriyaki and Rice <i>Pre-ordered Friday for Monday and Wednesday for Thursday.</i>	Week 3, 7 \$5.00
Wedges with sour cream	Week 4, 8

