



Friday Canteen Menu Term 3 2017

	<b>MEAL DEAL</b> includes Crunch & Sip, 1 x recess option, 1 x lunch option, 1 x drink option (excludes 6-piece sushi)	\$7.50
	<b>RECESS</b>	
●	<b>Cheesies</b> (half a wholemeal roll with melted cheese)	\$1.00
●	<b>Fruit and Jelly Cup</b>	\$2.00
●	<b>Fruit Toast</b> (1 slice with margarine)	\$1.00
●	<b>Berry Muffin</b>	\$2.00
	<b>LUNCH</b>	
	<b>Sandwiches</b> – available Fresh, Toasted or Wrap	\$3.50
	● <b>Ham</b>	
	● <b>Tuna</b>	
	● <b>Cheese</b>	
	● <b>Salad</b>	
●	<b>Salad Plate</b> – Lettuce, Tomato, Cucumber, Carrot, Egg and Apple	\$3.50
	Add:	
	● <b>Ham</b>	\$4.50
	● <b>Tuna</b>	\$4.50
	● <b>Warm Crumbed Chicken</b>	\$4.50
●	<b>Chicken Burger</b> (bread roll)/ <b>Chicken Twist</b> (wrap) Crumbed Chicken, lettuce, tomato, cucumber, carrot and mayonnaise	\$4.00
●	<b>Pasta with Bolognese Sauce</b>	\$4.00
●	<b>Vegetarian Lasagne</b>	\$4.00
●	<b>Macaroni and Cheese</b>	\$4.00
●	<b>Pizza</b>	\$3.50
	● <b>Ham and Pineapple</b>	
	● <b>Margarita</b> (cheese)	
	● <b>Ham</b>	
●	<b>Sushi</b>	
	● <b>Tuna or Chicken</b>	
	4 pieces	\$4.00
	6 pieces	\$6.00
	<b>DRINKS</b>	
●	<b>Milk</b>	.50
●	<b>Milk with Sipahh Straw</b>	\$1.00
●	<b>Warm Milo</b>	\$1.00
●	<b>Juice Box</b>	\$1.50
●	<b>Crunch and Sip</b> – Carrot, Cucumber sticks and cut Apple	\$1.00

In compliance with West Australian Department of Education Healthy Food and Drink (HDF) policy the canteen will use wholemeal bread and wraps as well as reduced fat dairy products.

Foods and drinks classified as Green are the healthiest choices. They are excellent sources of important nutrients needed for health and wellbeing, low in saturated fat, added sugar and salt, and are lower in energy density.

Amber foods have some nutritional value contain moderate levels of saturated fat, added sugar and/or salt, in large serve sizes contribute to excess energy intake.