



### Friday Canteen Menu 2018

<b>MEAL DEAL</b> includes Crunch & Sip, 1 x Recess, 1 x Lunch, 1 x Drink (excludes 6 pcs sushi)	<b>\$7.50</b>
<b>RECESS</b>	
● <b>Cheesie</b> (half wholemeal roll with melted cheese)	<b>\$1.00</b>
● <b>Fruit and Jelly Cup</b>	<b>\$2.00</b>
● <b>Raisin Toast with Margarine</b> (1 slice)	<b>\$1.00</b>
● <b>Vanilla Greek Yoghurt with Berries</b>	<b>\$2.00</b>
● <b>Fruit and Berry Muffin</b>	<b>\$2.00</b>
<b>LUNCH</b>	
<b>Sandwiches</b> – available Fresh, Toasted or Wrap	<b>\$3.50</b>
● <b>Ham</b>	
● <b>Tuna</b>	
● <b>Cheese</b>	
● <b>Salad</b>	
● <b>Salad Plate</b> Lettuce, Tomato, Cucumber, Carrot, & Apple	<b>\$3.50</b>
<b>Add</b> <b>Ham</b>	<b>\$4.50</b>
<b>Tuna</b>	
<b>Warm Crumbed Chicken</b>	
● <b>Chicken Burger</b> (bread roll)/ <b>Chicken Twist</b> (wrap) Crumbed Chicken, lettuce, tomato, cucumber, carrot & mayo	<b>\$4.00</b>
● <b>Pasta with Bolognese Sauce</b>	<b>\$4.00</b>
● <b>Vegetarian Lasagne</b>	<b>\$4.00</b>
● <b>Macaroni Cheese</b>	<b>\$4.00</b>
● <b>Pizza</b>	<b>\$3.50</b>
<b>Ham, Cheese &amp; Pineapple</b>	
<b>Ham &amp; Cheese</b>	
<b>Cheese</b>	
● <b>Sushi</b> <b>Tuna &amp; Cucumber</b> 4 pcs	<b>\$4.00</b>
<b>Chicken &amp; Avocado</b> 6 pcs	<b>\$6.00</b>
<b>DRINKS</b>	
● <b>Milk</b>	<b>\$0.50</b>
● <b>Milk with Sipahh Straw</b>	<b>\$1.00</b>
● <b>Warm Milo</b>	<b>\$1.00</b>
● <b>Juice Box</b>	<b>\$1.50</b>
● <b>Crunch and Sip</b> Seasonal Fruit&Veg Sticks (eg carrot, apple, pear, cucumber)	<b>\$1.00</b>

Our menu has been reviewed and approved by  
the Canteen Association of WA.

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.

● Green foods and drinks 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.

**V O L N T E E R**

*All that's missing is U!*

If you can spare an hour between  
8:30-9:30 or 12:00-1:00, your help in our  
busy canteen would be appreciated.

No experience necessary, just enclosed  
shoes, a hat and a smile!

Get in touch with  
Jackie on 0422 977 208



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place your orders.

Orders can be placed in advance or on  
the day before 9am. You can easily see  
what days the canteen is open, so never  
be caught without lunch again.

*You may still order at the canteen  
window on Fridays if you prefer.*