



ST JOSEPH'S SCHOOL TERM 1 CANTEEN MENU



TERRIFIC TOASTIES (served with a fruit/vegie bag)

| | | |
|-----|----------------------|---------|
| (G) | Cheese | \$ 3.00 |
| (G) | Ham & Cheese | \$ 4.00 |
| (G) | Chicken & Cheese | \$ 4.00 |
| (G) | Ham, Cheese & Tomato | \$ 4.00 |

VEGIE DELIGHTS

| | | |
|-----|-------------------|--------|
| (G) | Corn Cobette | \$.50 |
| (G) | Carrot Sticks | \$.50 |
| (G) | Peeled Boiled Egg | \$.50 |

HOMEMADE MEALS

| | | |
|-----|---|---------|
| (G) | Salad Box—Chicken or ham with 1/2 boiled egg, lettuce, tomato, grated carrot and cheese (optional Italian dressing) | \$ 4.00 |
| (G) | Vegetarian Nachos (small serve) | \$ 3.00 |
| (G) | Vegetarian Nachos (large serve) | \$ 5.00 |
| (G) | Homemade low-fat Sausage Roll (optional tomato sauce) | |
| | 12 cms | \$ 3.00 |
| | 6 cms | \$ 1.50 |

SUPER ROLLS AND WRAPS

| | | | |
|-----|----------------|---------------------------------------|---------|
| (G) | Captain Crunch | Ham, lettuce, tomato | \$ 3.00 |
| (G) | Sea Monster | Tuna, lettuce, mayo | \$ 3.00 |
| (G) | Chicky Wicky | Chicken, lettuce, mayo | \$ 3.00 |
| (G) | Seagull | Egg, lettuce, mayo | \$ 3.00 |
| (G) | Penguin | Vegemite, served with fruit/vegie bag | \$ 2.00 |

(Please note that all wraps and large salad rolls are wholemeal)

THIRST QUENCHERS

| | | |
|-----|---|---------|
| (G) | Water | \$.50 |
| (G) | 'Breaka' Flavoured Milk (chocolate or strawberry) | \$ 1.00 |
| (A) | 100% Fruit Juice (apple, orange or tropical) | \$ 1.00 |

AFTER LUNCH TREATS

| | | |
|-----|-----------------------------------|---------|
| (A) | 'Quelch' 99% Fruit Juice Stick | \$.50 |
| (A) | 'Bulla' Frozen Yoghurt Cup | \$ 1.50 |
| (A) | 'Bulla' Reduced Fat Ice-Cream Cup | \$ 1.50 |

LUNCH ORDER BAGS

| | |
|-----------------------|--------|
| Pack of 10 paper bags | \$.40 |
|-----------------------|--------|

Our Canteen uses the "Traffic Light" system when planning the menu. We also use free range ham, chicken and eggs.

G = "Green" items are suitable to eat every day
A = "Amber" items should be eaten in moderation

We aim to have our menu made up of predominantly "Green" classified items.

If you have any questions, concerns, ideas, or comments about our school Canteen, please do not hesitate to contact the Canteen Committee by emailing:
heather.brown@cewa.edu.au

Items are only available to order using one of the pre-printed paper bags available for purchase from the office, or the Canteen. If you do not have a lunch bag, please write your order on an envelope and include an extra 40 cents to purchase some. We will use 1 for your order and send 9 home.

Orders must be placed in the basket located in each classroom before 8.45am. Late or forgotten orders will receive a "Penguin" sandwich. If there is insufficient money enclosed to cover the order, a less expensive item will be supplied.

After Lunch Treats cannot be pre-ordered and are not available to Kindy students.

Parents are able to purchase "Hungry Joe's Currency" from the school office. EFTPOS or cash can be used to purchase the currency. This option is for parents to purchase currency to alleviate not having cash in your purse on canteen days!!

The canteen is open on Monday and Thursday during Term 1. Please note we are only open for lunch. We will not be opening for recess until further notice.