



ST JOSEPH'S SCHOOL TERM 3 CANTEEN MENU



RECESS SNACKS (no pre-orders)

G	Apple Slinky	\$.50
G	Warm Milo	\$.80
A	Date Bliss Balls	\$.80
G	Cheesie (Tuesdays only)	\$1.00
G	Pikelet (Fridays only)	\$.20

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

VEGGIE DELIGHTS

G	Corn Cobbette	\$.50
G	Carrot Sticks	\$.50

SLURPIE SOUPS

G	Bowl yummy soup + toast	\$2.00
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THIRST QUENCHERS

G	Water (600ml)	\$.50
G	Milky Max Flavoured Milk (chocolate or strawberry)	\$1.00
A	100% Fruit Juice (apple, orange, or tropical)	\$1.00

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	Rainbow Delight	Cheese, lettuce, carrot, tomato	\$3.00
G	Seagull	Egg, lettuce, mayo	\$3.00
G	Penguin	Vegemite, served with a fruit/vegie bag	\$2.00

Please note that all wraps and large salad rolls are wholemeal.

AFTER LUNCH TREATS (no pre-orders)

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

LUNCH ORDER BAGS

Pack of 10	\$.40
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DAILY LUNCH SPECIALS

Homemade Sausage Rolls (Tuesdays)	
G	Homemade chicken and low fat sausage mince with grated vegie wrapped in a reduced fat puff pastry. Tomato sauce is optional
	12cm \$3.00 6cm \$1.50

Homemade Beef Lasagne (Fridays)	
G	Yummy homemade low fat beef mince and a variety of vegetables in a tomato sauce.
	\$5.00

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.

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