



# ST JOSEPH'S SCHOOL

## TERM 1 CANTEEN MENU



### RECESS SNACKS (no pre-orders)

G	Apple Slinky	\$ .50
G	Banana & Milo Smoothie	\$ .80
G	Homemade Muesli Bar	\$ .80
G	Pikelet (Tuesdays only)	\$ .20
G	Cheesie (Fridays only)	\$1.00

### 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
G	Peeled Boiled Egg	\$ .50

### FRESH FRUIT SALAD

G	Fruit salad with yoghurt	\$3.00
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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	Penguin	Vegemite, served with a fruit/vegie bag	\$2.00
G	Seagull	Egg, lettuce, mayo	\$3.00

*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

#### Crumbed Chicken Caesar Salad

(Tuesdays)

Salad including lettuce, bacon, crumbed chicken, shaved parmesan cheese and drizzled with low fat dressing. This will be available as a salad box or on a wholemeal wrap.

Please state which otherwise a box will be given.

A \$5.00

#### Dad's Special (Fridays)

Barbequed minute steak and onions served with BBQ sauce and mixed greens on a wholemeal roll.

G \$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;  
[brown.heather@cathednet.wa.edu.au](mailto:brown.heather@cathednet.wa.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.