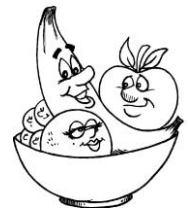


ST JOSEPH'S SCHOOL TERM 3 CANTEEN MENU



RECESS SNACKS (no pre-orders)

G	Apple Slinky	\$.50
G	Air-popped Popcorn	\$.50
G	Cheesie	\$1.50
A	Nudie 100% Juice	\$1.00
G	Pikelet (Tuesday only)	\$.20
G	Fruit Smoothie (Friday only)	\$.80
G	Raisin Toast (Friday only)	\$.30

TERRIFIC TOASTIES

(served with a fruit 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

SLURPY SOUPS (served with toast)

G	Chicken and Noodle Soup	\$3.00
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THIRST QUENCHERS

G	Water (600ml)	\$.50
G	Moolish Flavoured Milk (choc, banana, or strawberry)	\$1.50
A	Nudie 100% Juice	\$1.00

SUPER SANDWICHES 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, cucumber, tomato	\$3.00
G	Penguin	Vegemite, served with a fruit bag	\$2.00

Sandwiches are available with hi-fibre white, or wholemeal bread, as well as hi-fibre wraps. Please specify on your order. If nothing is specified, wholemeal bread will be used.

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

Chicken Pasta (TUESDAYS)		
G	Penne pasta served with a topping of pasta sauce, chicken and a sprinkle of reduced fat cheese.	\$5.00

Muffin Pizzas (FRIDAYS)		
G	Two English muffin halves topped with pizza sauce, reduced fat cheese, ham, pineapple and Italian herbs. Served with a fruit bag.	\$5.00

Our Canteen uses the "Traffic Light" system when planning the menu.

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 gallin.lisa@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.