**Beverley District High School**  
**Canteen Summer Menu Term 1 2014**  
Approved STARCAP Products used – Low Fat, Low Sugar and Low Salt

### Lunches – Wed & Fri

**Fruit Salad**  
Seasonal fruit $4.50 with yogurt $5.00

**Salad Sticks & Dip**  
Carrots, celery, cucumber, rice crackers & dip (plus seasonal vegetables) $4.50

**Salad Platter**  
Your choice of ham, chicken, or egg served with a slice of bread and garden salad, beetroot, cheese, orange and pineapple $5.00

**Salad Bowl**  
Your choice of ham, chicken, egg or tuna served with a garden salad (tomato, cucumber, carrot and lettuce). $3.50

**Sandwiches/Rolls/Wraps**  
Sandwiches available in hifibre white; rolls; Mission Bread wraps

<table>
<thead>
<tr>
<th>Sandwich</th>
<th>Wrap</th>
<th>Roll</th>
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<tbody>
<tr>
<td>Cheese/Ham/Chicken/Tuna with Salad (tom, cuc, carrot, lett)</td>
<td>$4.00</td>
<td>$4.50</td>
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<tr>
<td>Salad</td>
<td>$3.50</td>
<td>$4.00</td>
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<tr>
<td>Egg Curried or plain</td>
<td>$3.50</td>
<td>$4.00</td>
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<tr>
<td>Extra fillings – cheese, beetroot, etc</td>
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**Snack attack**  
Salad roll hollowed out and filled with chicken or ham plus salad & mayo $5.00

### Wednesday Specials

**Sweet Chilli Sub**  
Marinated chicken strip with salad & Mayo in a long bun or a wrap. $4.80

**Friday Specials**

**Sausage Roll & sauce**  
Good Eating Sausage Roll - low fat $3.50

**Hamburger**  
Low fat patty with salad, mayo & tomato sauce on a burger bun. $4.80

### Specials are only available on the stated day. If ordered on the wrong day we will substitute for something available on that day. Thankyou

### Recess Snacks

- **Toasted cheesies sml / large** .50 /$1.00
- **Freshly popped pop corn** .50
- **Muffin (homemade)** $1.00
- **Pikelet** .20
- **Pikelet with strawberry** (must order on lunch bag) .50

**Fresh seasonal Fruit** - available daily - approx $1.00 - $1.50  
Apple slinky (bring your own apple) **free**

### Drinks

- **Bottled Water** $1.40
- **Choc Milk 300ml** $2.50
- **Milk 300ml** $1.80
- **100% Juice - Apple, Tropical** $1.70

### Treats

- **Icy Pole** .60
- **Yogurt** $2.30
- **Yogo** $2.30
- **Jelly cup with fruit** $1.50
- **Billabong Triple Swirl popsicle** $1.60

*Please contact Claire Thomas for any suggestions regarding our canteen 96472165*
**Our School Canteen**

Our school canteen is run to provide a service for the school community by having a range of healthy lunches available at affordable prices. Any profit made goes to the P&C to assist in making Beverley DHS a great environment for our children to learn in.

**Traffic Light System**

The Traffic Light System was introduced by the WA Government and has been made compulsory for all public schools. The system helps schools plan menus full of foods to help our children have the energy to learn and grow.

The new standards require that **Green 😊 foods** are encouraged. These items should fill the menu. These are foods low in fat, sugar and salt;

**Amber ☹ foods** should be selected carefully and eaten in moderation. They are less available on the menu. These foods contain moderate levels of fat, sugar and salt.

**Red ☹ foods** are off the menu and are not available at the canteen. These foods lack nutritional value and are high in fat, sugar or salt.

**Ordering**

Lunch orders are to be written on a paper lunch bag, these are available for purchase through the canteen. Your name, year group, items you would like to order and the price should be written on the bag. The correct money should be put in the bag.

**Recess orders for younger students can be included on their lunch bag. These orders are to be picked up at recess from the canteen.**

**Specials** are to be ordered **ONLY** on the day they are available on the menu. If ordered on the wrong day they will be **substituted with something available on that day.**

**Canteen Helpers**

The canteen needs volunteers to assist our wonderful canteen manager in the preparation of the lunches and recess items. If you are not already on the roster and have some spare time to help out please call Claire on 9647 2165.

When on roster please remember to wear closed in shoes, and a shirt with sleeves on the day. Aprons and hats will be provided.