Beverley District High School
Canteen Summer Menu Term 4 2012
Approved STARCAP Products used – Low Fat, Low Sugar and Low Salt

Traffic Light System
😊 Green Item - Healthy
🍂 Amber Item - Occasional Food

Lunches - Wed & Fri

Fruit Salad
Seasonal fruit $4.00
With vanilla yoghurt $4.50

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

😊 Salad Bowl
Your choice of ham, chicken, egg or tuna
served with a garden salad (tomato, cucumber, carrot and lettuce). $3.00

😊 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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</thead>
<tbody>
<tr>
<td>Cheese/Ham/Chicken/Tuna</td>
<td>$3.30</td>
<td>$3.80</td>
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<tr>
<td>with Salad (tom, cuc, carrot, lett)</td>
<td>$3.80</td>
<td>$4.50</td>
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<tr>
<td>Salad</td>
<td>$3.00</td>
<td>$3.50</td>
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<tr>
<td>Egg Curried or plain</td>
<td>$3.00</td>
<td>$3.50</td>
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<tr>
<td>Extra fillings - cheese, beetroot, etc</td>
<td>$0.50</td>
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</tbody>
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😊 Snack attack
Salad roll hollowed out and filled with chicken or ham plus
salad & mayo $4.00

Wednesday Specials

😊 Sweet Chilli Sub
Marinated chicken strip with salad & Mayo in a long bun or a wrap. $4.50

😊 Hamburger
Low fat patty with salad & tomato sauce on a seeded bun. $4.50

Friday Specials

😊 Pie & sauce
Good eating beef pie - low fat $4.00

😊 Sausage Roll & sauce
Good Eating Sausage Roll - low fat $3.00

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

Thankyou

*Please contact Fiona Fisher for any suggestions regarding our canteen 96472045

Recess Snacks

Toasted cheeses 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

100% Juice - $1.70
Apple, Orange, Apple & Blackcurrant, Tropical

| Choc Milk -small | $2.50 |
| Milk small | $1.50 |
| Sippah Straw | .70 |
| Bottled Water | $1.40 |
| LOL tropical | $2.50 |

Treats

Icy Pole .60
Yogurt $2.30
Yogo $2.30
Jelly cup with fruit $1.50
Billabong chocolate popsicle $1.60
Billabong Triple Swirl popsicle $1.60
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 ☯的食物 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 Fiona on 9647 2045. When on roster please remember to wear closed in shoes, and a shirt with sleeves on the day. Aprons and hats will be provided.