Lunches - Wed & Fri
Fruit Salad (G)
Seasonal fruit $4.50 with yogurt $5.00

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

Salad Bowl (G)
Your choice of ham, chicken, egg or tuna served with a garden salad (tomato, cucumber, carrot and lettuce). $4.00

Sandwiches/Rolls/Wraps - (G)
Sandwiches available in high fibre white; rolls; Mission Bread wraps
Cheese/Ham/Chicken/Tuna $3.50 $4.00 $4.00
with Salad (tom, cuc, carrot, lettuce) $4.00 $5.00 $5.00
Salad $3.50 $4.00 $4.00
Egg Curried or plain $3.50 $4.00 $4.00
Extra fillings - cheese, beetroot, etc. 50c

Toasted Sandwiches (G)
1 Filling: Choose Ham, Pineapple, Tomato, Chicken or Cheese $3.50
2 Fillings $3.80
3 Fillings $4.00

Wednesday Specials
Sweet Chilli Sub (G)
Marinated chicken strip with salad & Mayo in a long bun or a wrap. $5.00
Pizza Single - (A)
Cheese & Bacon $3.50

Friday Specials
Sausage Roll & sauce (A)
Good Eating Sausage Roll - low fat $3.50
Hamburger (G)
Low fat patty with salad, mayo & tomato sauce on a burger bun. $5.00

Recess Snacks
Toasted cheesies sm / large .50 / $1.00
Freshly popped pop corn (G) .50
Muffin (homemade) (A) $1.00
2 Pikelets (G) .50
Fresh seasonal Fruit - available daily - approx $1.00 - $1.50
Apple slinky (bring your own apple) free

Drinks
Bottled Water (G) $1.50
Choc Milk 300ml (G) $2.50
Milk 300ml (G) $1.80
100% Juice - Apple, Tropical (A) $1.70

Treats
Icy Pole (A) .60
Yoghurt (G) $2.30
Yogo (G) $2.30
Jelly cup with fruit (G) $2.30
Billabong popsicle (A) $1.60

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 Anthea Cook for any suggestions regarding our canteen 96472080
on that day.

Specials are to be ordered only on the day they are available in the menu. If
items are not available at the canteen, they will be substituted with something available.

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

Green foods are encouraged. These foods contain no fat, no sugar and are full of
energy to learn and grow.

The Traffic Light System was introduced to help our children have the
right foods to help our children have the

Recess orders are to be picked up at recess.

Recess orders for younger students can be
made compulsory for all public schools. The system helps schools plan menus
by the WA Government and has been

Our School Canteen is run to provide a


good environment for our children to learn in.

making for our children to learn in.

making for our children to learn in.

Making for our children to learn in.