Beverley District High School
Canteen Summer Menu Term 1 2016
Approved STARCAP Products used – Low Fat, Low Sugar and Low Salt

Lunches – Wed & Fri

Fresh Fruit Salad cup (G)
Seasonal fruit $3.00 with yogurt $4.00

Salad Sticks (G)
Carrots, celery, cucumber, plus seasonal vegetables
In a cup $3.00 In a bowl $4.50

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

Sandwiches/Rolls/Wraps – (G)
Sandwiches available in high fibre white rolls; Mission Bread wraps. Salads will come with tom, cuc, carrot, lett
Sandwich Wrap Roll
Cheese/Ham/Chicken/Tuna $3.80 $4.30 $4.30
with Salad (tom, cuc, carrot, lett) $4.30 $5.30 $5.30
Salad $3.80 $4.30 $4.30
Extra fillings - cheese, beetroot, etc 50c

Toasted Sandwiches (G)
1 Filling: Choose Ham, Pineapple, Tomato,
Chicken or Cheese $3.80
2 Fillings $4.20
3 Fillings $4.50

Wednesday Specials

Sweet Chilli Sub (G)
Marinated chicken strip with salad & Mayo in a long bun or a wrap. $5.00

Pizza Single (A)
Ham and Pineapple $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

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 Cora Hammond for any suggestions regarding our canteen 0400762889

Recess Snacks

Toasted cheeses (G) $1.20
Pop corn (G) .50
Muffin (homemade) (A) $1.20
Pikelet (G) Limit 4 .50

Drinks

100% Juice – (A) $1.70
Apple or Tropical
Choc Milk 300ml (G) $2.50
Bottled Water (G) $1.50

Treats

Icy Pole (A) .60
Yogurt (G) $2.30
Yoga (G) $2.30
Buila Yogurt ice cream (G) $1.80

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