

SCBC 4 & 1 2017/2018

EVERY DAY

G Spiral Bolognaise	\$4.00
G Macaroni Cheese	\$4.00
G Teriyaki Chicken & Rice	\$4.00
Noodle Cup Beef OR Chicken (bring bag)	\$3.00
Vegetarian Pastie	\$3.60
G Chicken Fried Rice	\$4.00
G Chicken & Potato Curry	\$4.00

Toasted Sandwiches

A Cheese	\$2.90
A Cheese/Tomato	\$3.30
A Ham	\$2.90
A Ham/Cheese	\$3.50
A Ham/Cheese/Tomato	\$3.90
A Ham/Cheese/Pineapple	\$4.20
A Chicken	\$2.90
A Chicken/Mayo	\$3.20
A Chicken/Cheese	\$3.50
A Chicken/Cheese/Pineapple	\$4.20
A Baked Beans	\$2.20
A Spaghetti	\$2.20

WRAPS (All with Mayo)

G ½ Ham & Salad	\$2.60
G ½ Cheese & Salad	\$2.60
G ½ Chicken & Salad	\$2.60
G Full Ham & Salad	\$5.20
G Full Cheese & Salad	\$5.20
G Full Chicken & Salad	\$5.20
G Full Tuna & Salad	\$5.20
G Full Egg & Salad	\$5.20
G Full Salad	\$4.20

FILLING

<u>FILLING</u>	<u>SANDWICH</u>	<u>ROLL</u>
G Salad	\$3.10	\$3.50
A Chicken	\$2.60	\$3.00
A Ham	\$2.60	\$3.00
A Cheese	\$2.60	\$3.00
A Cheese & Vegemite	\$2.70	\$3.10
A Egg	\$2.60	\$3.00
A Curried Egg	\$2.60	\$3.00
A Tuna & Mayo	\$2.90	\$3.30
A Vegemite	\$1.60	\$2.00
A Sliced Bread (2)	\$0.90	
A Buttered Roll		\$1.30

All sandwiches and rolls are hi-fibre white & wholemeal

EXTRAS

Tomato – 40c, Beetroot – 40c, Cheese – 60c, Mayo – 30c, Egg – 60c, Pineapple Ring – 70c, Salad \$1.10 (Lett/Carrot/Tomato/Cuc).

SALAD CUPS & SALAD PLATES

G Salad Cup	\$3.20
G Cheese & Salad Cup	\$3.80
G Chicken & Salad Cup	\$3.80
G Salad Plate	\$3.50
G Ham & Salad Plate	\$4.10
G Chicken & Salad Plate	\$4.10
G Egg & Salad Plate	\$4.10
G Tuna & Salad Plate	\$4.40

MONDAY - SPECIALS

(A) 5 Chicken Nuggets	\$3.60
(A) Hot Chicken & Mayo Roll	\$3.90
(A) Hot Ham & Cheese Roll	\$3.90
(A) Cheese Burger Beef Patty/cheese/tom sce	\$3.90
(A) Pizza Single Cheese and Bacon	\$3.20
Hawaiian	\$3.20

Recess – (A) Chicken & Corn Roll	\$2.20
(A) Hash Brown (only 2 per person)	\$1.00

TUESDAY - SPECIALS

(G) Beef & Salad Burger	\$4.20
(G) Chicken & Salad Burger	\$4.20
(G) Potato Bake (with cheese & bacon)	\$4.00
(A) Beef Cruiser Pie	\$3.60
(A) Beef & Cheese Cruiser Pie	\$3.60
(A) Potato Pie	\$3.60
(A) Tasty Treat (Small Pie, ½ S/Roll, Nugget)	\$3.20

Recess – (A) Cheesies	\$1.20
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WEDNESDAY - SPECIALS

(A) Crumbed Fish & Wedges	\$4.20
(A) Chicken/Cheese/Pineapple Burger	\$4.20
(A) Hot Dog & Sauce	\$3.60
Chicken Vegie Pie	\$3.60

Recess – Chiko Roll	\$2.30
(A) Yummy Drummy	\$1.50
(A) Chilli Chicken Strip	\$1.50

THURSDAY - SPECIALS

(A) Tasty Treat (Small Pie, ½ S/Roll, Nugget)	\$3.20
(A) Meatball Cheese & Sce Sub	\$4.20
(G) Chicken Fried Rice OR Vegetarian	\$4.00
(A) Chicken Chilli Strip, Lettuce/Mayo Sub	\$4.20
(G) 5-Piece Sushi	\$5.20
(G) 3-Piece Rice Paper rolls	\$5.20

Recess – Cornjack	\$2.10
(A) Hash brown (only 2 per person)	\$1.00

FRIDAY - SPECIALS

(G) Fish/Beef/Chicken Salad/Mayo Burger	\$4.20
(A) Hot Dog & Sauce	\$3.60
(A) Beef Cruiser Pie	\$3.60
(A) Beef & Cheese Cruiser Pie	\$3.60
(A) Potato Pie	\$3.60
Vegetarian Pastie	\$3.60
(A) Sausage Roll	\$2.60
(A) Party Pie	\$1.20
(G) 5-Piece Sushi	\$5.20
(G) 3-Piece Rice Paper rolls	\$5.20

Recess - (A) Cheesies	\$1.20
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EVERY DAY SPECIAL: ½ Chicken & Salad **OR** ½ Ham & Salad
Wrap and a Muffin **\$3.50**

RECESS – Varies Daily

G Pikelets	\$0.50
Assorted Cake	\$1.00
G Air Popped Popcorn	\$0.20
G Fresh Fruit	\$0.90
A Apple/Custard Cup	\$1.80
A Jelly/Fruit/Custard Cup	\$1.50

Tomato Sauce Portion	.30
Salad Dressing Portion	.30
Extra spoon or spork	.05

Yoghurts/Jelly Cups

G Fruit Yoghurt	\$1.80
G Chocolate Yogo	\$1.90
G Jelly/Fruit/Custard Cup	\$1.50
A Apple & Custard Cup	\$1.80

SNACKS

Grain Waves	\$2.00
Red Rock Deli Chips	\$1.50
Veggie Chips	\$1.40
Mammee Sticks	\$1.00
Popcorn (pre-packaged)	\$1.20
Yoghurt Coated Sultanas	\$0.50

DRINKS

G Up & Go	\$2.20
Focus Fruit Water	\$2.30
A Glee	\$2.30
A Orange C Juice 300ml	\$2.00
Orange C Juice 600ml	\$3.50
G Spring Water 600ml	\$1.20
G Plain Milk 300ml	\$1.50
G Flavoured Milk 300ml	\$2.10
A Flavoured Milk 600ml	\$3.60
A Juice Box 250ml	\$1.60
Lipton Iced Tea 500ml	\$3.60

AFTER LUNCH TREATS

A ½ Icy poles	\$0.40
A Icy Pole	\$0.80
Ice Cream Cone	\$1.00
A Mini Calipo	\$1.20
A Paddle Pop	\$1.40
A Vanilla Lite Bucket	\$1.30
A Slushy Cup	\$2.00
Lifesaver	\$2.00
Milo Scoop	\$2.50
A Twisted Frozen Yoghurt	\$2.00

The **TRAFFIC LIGHT** system introduced by the State Government in 2006, is a policy and standards for healthy food and drink choices provided in school canteens. This complies with the Dietary Guidelines for Children and Adolescents, the Heart Foundation and the WA School Canteen Association.

GREEN (G)

- Every day choices.
- Good sources of nutrients
- Contains less saturated fat and/or added sugar and/or salt.
- Helps to avoid the intake of excess energy (kJ).

AMBER (A)

- Occasional choices.
- Have some nutritional value.
- Contain moderate levels of saturated fat and/or added sugar and/or salt
- In large serves they can contribute excess energy (kJ).

Please place all orders through canteen window before start of school, clearly marking the child's name and Year e.g. 1A, 4B.

If a child goes home sick and has ordered their lunch could you please come to the canteen and either collect the lunch or let us know and a refund may be available.

If you have any queries or suggestions please pop in and see us at the canteen

Senior School students **must** place a lunch order if lunch is required, there will be no over the food counter sales.

GLUTEN FREE PRODUCTS: We now have a selection of gluten free foods available everyday. **Meat Pie** - \$5.00, **Potato Bake** (with cheese & bacon) - \$4.00, **Chicken Fried Rice** - \$4.00, **Homemade Soup – Small** \$2.50, **Large** \$3.50 (Winter Menu), ½ **Wraps with Chicken OR Ham OR Cheese and Salad** \$3.60, **Muffin** - \$1.00, **TWISTED FROZEN YOGHURT** \$2.00