| FILLING | SANDWICH | ROLL |
| :--- | ---: | ---: |
| - Salad | $\$ 3.30$ | $\$ 3.70$ |
| - Chicken | $\$ 2.80$ | $\$ 3.20$ |
| Ham | $\$ 2.80$ | $\$ 3.20$ |
| Cheese | $\$ 2.80$ | $\$ 3.20$ |
| Cheese \& Vegemite | $\$ 2.90$ | $\$ 3.30$ |
| Egg | $\$ 2.90$ | $\$ 3.30$ |
| Curried Egg | $\$ 2.90$ | $\$ 3.30$ |
| Tuna \& Mayo | $\$ 3.10$ | $\$ 3.50$ |
| Vegemite | $\$ 2.00$ | $\$ 2.40$ |
| Sliced Bread (2)/ Buttered Roll | $\$ 1.00$ | $\$ 1.40$ |

## WRAPS (ALL WITH MAYO)

|  | $1 / 2$ Ham \& Salad | $\$ 3.10$ |
| :--- | :--- | ---: |
| $1 / 2$ Cheese \& Salad | $\$ 3.10$ |  |
| 1⁄2 Chicken \& Salad | $\$ 3.10$ |  |
| Full Ham \& Salad | $\$ 5.80$ |  |
| Full Cheese \& Salad | $\$ 5.80$ |  |
| Full Chicken \& Salad | $\$ 5.80$ |  |
| Full Tuna \& Salad | $\$ 6.00$ |  |
| Full Egg \& Salad | $\$ 6.00$ |  |
| Full Salad | $\$ 5.00$ |  |

## EXTRAS

| Tomato | 40c | Cheese | 60c | Pineapple Ring |
| :--- | :--- | :--- | :--- | ---: |
| Mayo | 30c | Egg | 70c | 7omato Sauce |
| Dressing | 30c | Beetroot | 40c | 30c |
| Salad (Lettuce /Carrot/ Tomato /Cucumber) |  |  |  | 50 |

EVERYDAY SPECIALS* No substitution on any Picnic Box Specials

- ½ Wrap - chicken chilli strips, lettuce \& mayo, \& muffin$\$ 4.50$
- Picnic Box Cheese - $1 / 2$ cheese sandwich, $4 x$ cheese \& crackers, ..... $\$ 4.00$muffin, sultanas \& popcorn
- Picnic Box VEGEMITE - $1 / 2$ vegemite sandwich, $4 x$ cheese \& ..... $\$ 3.50$ crackers, muffin, sultanas \& popcorn
- Chilli Chicken Pack - 2 x chilli chicken strips (cold), muffin, ..... $\$ 5.00$
SALAD CUPS \& PLATES

| Salad Cup | $\$ 3.40$ |
| :--- | ---: |
| Cheese \& Salad Cup | $\$ 4.00$ |
| Chicken \& Salad Cup | $\$ 4.20$ |
| Salad Plate | $\$ 3.80$ |
| Ham \& Salad Plate | $\$ 4.50$ |
| Chicken \& Salad Plate | $\$ 4.50$ |
| Egg \& Salad Plate | $\$ 4.50$ |
| Tuna \& Salad Plate | $\$ 4.50$ |

## TOASTED SANDWICHES

| Cheese | $\$ 3.10$ |
| :--- | :--- |
| Cheese/Tomato | $\$ 3.50$ |
| Ham | $\$ 3.10$ |
| Ham/Cheese | $\$ 3.70$ |
| Ham/Cheese/Tomato | $\$ 4.10$ |
| Ham/Cheese/Pineapple | $\$ 4.40$ |
| Chicken | $\$ 3.10$ |
| Chicken/Mayo | $\$ 3.40$ |
| Chicken/Cheese | $\$ 3.70$ |
| Chicken/Cheese/Pineapple | $\$ 4.40$ |
| Baked Beans | $\$ 3.00$ |
| Spaghetti | $\$ 3.00$ |

## HOW TO ORDER

Please place all orders through canteen window before start of school, clearly marking the child's Name and Year (eg. 1A, 4B).
If a child goes home sick and has ordered their lunch, please come to the canteen and either collect the lunch or let us know and a refund may be available.
Senior School students must place a lunch order if lunch is required, there will be no over the food counter sales.
If you have any queries or suggestions please pop in and see us at the canteen.

| MONDAY SPECIALS |  |
| :--- | ---: |
| 4 Chicken Nuggets | $\$ 3.30$ |
| Cheese Burger - Beef patty/cheese/sauce | $\$ 4.10$ |
| - Hot Chicken \& Mayo Roll | $\$ 4.00$ |
| Chicken Salad Burger | $\$ 4.70$ |
| Beef Salad Burger | $\$ 4.70$ |
| - RECESS Hash Brown (only 2 per person) | $\$ 1.00$ |
| TUESDAY SPECIALS |  |
| - Beef Salad Burger | $\$ 4.70$ |
| Chicken Salad Burger | $\$ 4.70$ |
| Beef Pie | $\$ 4.20$ |
| Pizza - Cheese | $\$ 5.00$ |
| Pizza - Meatlovers | $\$ 5.00$ |
| - RECESS Cheesies | $\$ 1.20$ |
|  |  |
| WEDNESDAY SPECIALS | $\$ 4.00$ |
| HotDog \& Sauce | $\$ 4.10$ |
| Chicken/Cheese Burger | $\$ 4.70$ |
| Chicken Salad Burger | $\$ 4.70$ |
| - Beef Salad Burger | $\$ 1.50$ |
| RECESS Chilli Chicken Strip |  |
| THURSDAY SPECIALS | $\$ 5.00$ |
| - Pizza Meatlovers or Cheese | $\$ 4.50$ |
| Chicken Chilli Strip, Lettuce/Mayo Sub | $\$ 6.00$ |
| 5-Piece Sushi | $\$ 4.70$ |
| Chicken Salad Burger | $\$ 1.00$ |
| Beef Salad Burger |  |
| RECESS Hash Brown (only 2 per person) |  |

## RECESS

YOGHURT, FRUIT \& JELLY

| Fresh Fruit | $\$ 1.00$ |
| :--- | :--- |
| Fruit Yoghurt | $\$ 2.00$ |
| Chocolate Yogo | $\$ 2.00$ |
| Assorted Cakes | $\$ 1.00$ |
| Granola Cup | $\$ 2.00$ |

## SNACKS

| - Air Popped Popcorn | $\$ 0.20$ |
| :--- | ---: |
| Popcorn (pre-packed) | $\$ 1.80$ |
| Grain Waves | $\$ 1.60$ |
| Red Rock Deli Chips | $\$ 1.60$ |
| Vegie Chips | $\$ 1.60$ |

## GLUTEN FREE OPTIONS

| Pre-packaged Popcorn | \$1.80 |
| :---: | :---: |
| Vegie Chips | \$1.60 |
| - Lasagne | \$5.20 |
| - 4 Chicken Nuggets | \$3.70 |
| - Potato Bake (with Cheese \& Bacon) | \$4.20 |
| - Chicken Fried Rice | \$4.20 |
| - Beef Pie | \$6.00 |
| Toasted Sandwich add $\$ 1.00$ extra to Menu prices |  |
| Muffin | \$1.00 |
| - FROYO Frozen Yoghurt | \$2.60 |

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

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

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).

## AFTER LUNCH TREATS

| - Icy Pole (half-50c) | $\$ 1.00$ |
| :--- | :--- |
| - Nippy's Frozen Juice | $\$ 1.00$ |
| Lemonade Twist | $\$ 1.70$ |
| Mini Calipo | $\$ 1.70$ |
| Vanilla Bucket | $\$ 1.60$ |
| Moosies | $\$ 2.00$ |
| FROYO Frozen Yoghurt | $\$ 2.60$ |

