



### 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 fat.
- 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).

### HOW TO ORDER

- Please place all orders through canteen window before start of school, clearly making 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.

### EVERYDAY AVAILABLE PRE-ORDER LUNCH

#### Sandwich

*White/Wholemeal*

|              |        |
|--------------|--------|
| Vegemite     | \$2.00 |
| • Ham        | \$3.10 |
| • Chicken    | \$3.10 |
| • Tuna       | \$3.10 |
| • Egg        | \$3.20 |
| • Buttered   | \$1.70 |
| • Full Salad | \$3.10 |

#### • Wrap

*(Lettuce, carrot, tomato, cucumber, spinach and mayo)*

**Half / Full**

|                  |        |        |
|------------------|--------|--------|
| • Chicken        | \$3.30 | \$6.00 |
| • Ham            | \$3.30 | \$6.00 |
| • Egg            | \$3.40 | \$6.20 |
| • Salad Only     | \$3.10 | \$5.50 |
| • Tuna           | \$3.40 | \$6.00 |
| • Chilli Chicken | \$3.50 | \$6.80 |

*(Lettuce and mayo)*

#### • Salad Bowls

*(Lettuce, carrot, tomato, cucumber, spinach with mayo and vinaigrette)*

|              |        |
|--------------|--------|
| • Just Salad | \$4.00 |
| • Ham        | \$5.00 |
| • Chicken    | \$5.00 |
| • Egg        | \$5.00 |
| • Tuna       | \$5.00 |

#### Toasties

|                       |        |
|-----------------------|--------|
| • Cheese              | \$3.40 |
| • Cheese and Vegemite | \$3.60 |
| • Vegemite            | \$3.10 |
| • Ham                 | \$3.40 |
| • Ham and Cheese      | \$4.10 |
| • Chicken             | \$3.40 |
| • Chicken and Cheese  | \$4.10 |

#### Extra

|                             |        |
|-----------------------------|--------|
| • Tomatoes                  | \$0.70 |
| • Salad                     | \$1.50 |
| • Cheese                    | \$0.70 |
| • Egg                       | \$0.80 |
| • Beetroots                 | \$0.50 |
| • Pineapple Rings           | \$0.80 |
| • Tomato Sauce              | \$0.30 |
| • Mayonaise                 | \$0.30 |
| Add gluten free bread extra | \$1.00 |

#### Picnic Packs

*Not available on Fridays*

|                                                                                        |        |
|----------------------------------------------------------------------------------------|--------|
| • Cheese Box                                                                           | \$4.20 |
| <i>Half of cheese sandwich, 4 cheese and crackers, muffin, sultanas and popcorn.</i>   |        |
| • Vegemite Box                                                                         | \$3.70 |
| <i>Half of vegemite sandwich, 4 cheese and crackers, muffin, sultanas and popcorn.</i> |        |
| • Chilli Chicken Box                                                                   | \$5.30 |
| <i>2 Chilli chicken strips (cold), muffin, cheese and crackers, 1 slice of bread.</i>  |        |

#### Hot Options

|                                   |        |
|-----------------------------------|--------|
| • Macaroni and Cheese             | \$4.50 |
| • Spiral Bolognaise               | \$4.50 |
| • Chicken Fried Rice <i>gf</i>    | \$4.50 |
| • Vegetarian Fried Rice <i>gf</i> | \$4.50 |



### DAILY LUNCH SPECIAL

|           |                                                                                                                                                                                                                                                                                                                        |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Monday    | <p><b>Recess</b></p> <ul style="list-style-type: none"> <li>• Cheesie \$1.30</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Chicken Nuggets \$3.50</li> <li>• Sausage and egg wrap with BBQ sauce \$5.50</li> <li>• Hot Chicken Mayo Roll \$4.20</li> </ul>                                   |
| Tuesday   | <p><b>Recess</b></p> <ul style="list-style-type: none"> <li>• Hashbrown \$1.00</li> <li>• Pigs in Blanket \$1.50</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Beef Brisket with gravy and mayo salad sub \$5.50</li> <li>• Cheese Pizza \$5.00</li> <li>• Meatlover Pizza \$5.00</li> </ul> |
| Wednesday | <p><b>Recess</b></p> <ul style="list-style-type: none"> <li>• Chili Chicken Strips \$1.50</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Chicken Salad Burger \$5.50</li> <li>• Beef Salad Burger \$5.50</li> <li>• Vietnamese lemongrass chicken noodle salad \$7.50</li> </ul>              |
| Thursday  | <p><b>Recess</b></p> <ul style="list-style-type: none"> <li>• Hashbrown \$1.00</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Beef Pie (GF + \$1.00) \$4.50</li> <li>• Meatball Sub \$5.00</li> <li>• Sushi - Chicken Teriyaki / Tuna / Combination \$6.20</li> </ul>                         |
| Friday    | <p><b>Recess</b></p> <ul style="list-style-type: none"> <li>• Cheesies \$1.30</li> </ul> <p><b>Lunch</b></p> <ul style="list-style-type: none"> <li>• Butter Chicken \$7.50</li> <li>• Sausage Rolls \$3.00</li> <li>• Hotdog (Sausage only \$3.00 GF) \$5.00</li> </ul>                                               |

### Dessert - After Lunch Only

|                                  |        |
|----------------------------------|--------|
| • Icy Pole (Half \$0.50)         | \$1.00 |
| • Nippy's Frozen Juice           | \$1.00 |
| • Lemonade Twist                 | \$2.50 |
| • Mini Calipo                    | \$2.00 |
| • Vanilla Bucket                 | \$2.00 |
| • Moosies                        | \$2.20 |
| • Froyo Frozen Yoghurt <i>gf</i> | \$3.00 |

### Beverages

|                            |        |                     |        |
|----------------------------|--------|---------------------|--------|
| • Up & Go Liquid Breakfast | \$2.50 | Sugar Free Iced Tea | \$4.20 |
| • Flavoured Milk Small     | \$2.50 | Chocolate Yogo      | \$2.20 |
| • Flavoured Milk Large     | \$4.00 | • Homemade Granola  | \$2.20 |
| • Spring Water 600 ml      | \$1.50 |                     |        |
| • Juice Box 250 ml         | \$2.20 |                     |        |
| • Chill J                  | \$2.50 |                     |        |