



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	\$2.70
• Ham	\$3.70
• Chicken	\$3.70
• Tuna	\$3.70
• Egg	\$3.80
• Buttered	\$2.70
• Full Salad	\$3.70

• Wrap

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

Half / Full

• Chicken	\$3.70	\$6.90
• Ham	\$3.70	\$6.90
• Egg	\$3.80	\$7.00
• Salad Only	\$3.70	\$6.90
• Tuna	\$3.70	\$6.90
• Chilli Chicken	\$3.90	\$7.40

(Lettuce and mayo)

• Salad Bowls

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

• Just Salad	\$5.30
• Ham	\$5.80
• Chicken	\$5.80
• Egg	\$5.80
• Tuna	\$5.80

Toasties

• Cheese	\$4.10
• Cheese and Vegemite	\$4.30
• Vegemite	\$3.80
• Ham	\$4.20
• Ham and Cheese	\$4.80
• Chicken	\$4.20
• Chicken and Cheese	\$4.80

Extra

• Tomatoes	\$0.80
• Salad	\$1.60
• Cheese	\$0.90
• Egg	\$0.90
• Beetroots	\$0.60
• Pineapple Rings	\$0.90
• Tomato Sauce	\$0.40
• BBQ Sauce	\$0.40
• Mayonaise	\$0.40
Add gluten free bread extra	\$1.10

Picnic Packs

Not available on Fridays

• Cheese Box	\$5.10
<i>Half of cheese sandwich, 4 cheese and crackers, muffin, sultanas and popcorn.</i>	
• Vegemite Box	\$4.50
<i>Half of vegemite sandwich, 4 cheese and crackers, muffin, sultanas and popcorn.</i>	
• Chilli Chicken Box	\$6.10
<i>2 Chilli chicken strips (cold), muffin, cheese and crackers, 1 slice of bread.</i>	

Hot Options

• Macaroni and Cheese	\$5.10
• Spiral Bolognaise	\$5.10
• Chicken Fried Rice <i>gf</i>	\$5.10
• Vegetarian Fried Rice <i>gf</i>	\$5.10

Recess Options

• Cheesie	\$1.60
• Hashbrown	\$1.30
• Pigs in Blanket	\$1.60
• Chili Chiken Strips	\$1.60

BREAKFAST

Breakfast Options

- Ham & Cheese Croissant \$6.90
- Chocolate Croissant \$4.20
- Assorted Muffin \$2.10

DAILY LUNCH SPECIAL

Monday

Recess

- Cheesie \$1.60

Lunch

- Chicken Nuggets \$4.00
- Fish & Chips \$5.80
- Special Fried Rice with bacon and chicken served with fried egg on top (**contains egg**) \$7.90

Tuesday

Recess

- Hashbrown \$1.30
- Pigs in Blanket \$1.60

Lunch

- Cheese Pizza \$5.30
- Meatlover Pizza \$5.30
- Roast Pork with Apple Slaw served on a Chinese Steam Bun \$5.80

Wednesday

Recess

- Chili Chicken Strips \$1.60

Lunch

- Chicken Salad Burger \$5.80
- Beef Salad Burger \$5.80
- Bobotie Beef - South African curried minced beef casserole served with yellow rice and chutney \$7.90

Thursday

Recess

- Hashbrown \$1.30

Lunch

- Beef Pie (**GF + \$1.00**) \$5.00
- Meatball Sub \$5.80
- Sushi - Chicken Teriyaki / Tuna / Combination \$7.20

Friday

Recess

- Cheesies \$1.60

Lunch

- Sausage Roll \$3.70
- Hotdog (**Sausage only \$3.70 GF**) \$5.80
- Butter Chicken (**Add naan bread for \$1.60**) \$7.90

Dessert - After Lunch Only

- Icy Pole (Half \$0.50) \$1.00
- Nippy's Frozen Juice \$1.00
- Lemonade Twist \$2.70
- Mini Calipo \$2.10
- Vanilla Bucket \$2.10
- Moosies \$2.40
- Froyo Frozen Yoghurt *gf* \$3.20

Choc Chip Cookies

- Muffin \$1.00

- Air Popped Popcorn \$0.20

Beverages

- Up & Go Liquid Breakfast \$2.70
- Flavoured Milk Small \$3.00
- Flavoured Milk Large \$4.80
- Spring Water 600 ml \$1.90

- Juice Box 250 ml \$2.70
- Chill J \$2.70
- Cold Press Juice 450 ml \$4.80
- Chocolate Yogo \$2.70
- Homemade Granola \$2.70