



St Joseph's P&F Canteen Menu

Term 1 2021



Lunch Time Selections			
Sandwich or Wrap			
Rating	Item	\$ Sandwich	\$ Wrap
Green	Ham & salad (lettuce, tomato, cheese, carrot & cucumber)	3.50	4.00
Green	Chicken & Salad (lettuce, tomato, cheese, carrot & cucumber)	3.50	4.00

* Please indicate if mayonaise is required

Salads	
Rating	Item
Green	Greek Salad (lettuce, tomato, cucumber, capsicum, olives & feta)
Green	Vietnamese Chicken noodle salad (rice noodles, chicken, cucumber, capsicum, carrot & dressing)
Green	Vietnamese Noodle Salad (rice noodles, cucumber, capsicum, carrot & dressing)

Lunch - Hot Items		
Rating	Item	\$
Green	Spaghetti Bolognaise	* 5.00
Amber	Chicken Dino Snacks (5 per serve)	* 3.00
Green	Ham, Cheese, Tomato & Spinach Toastie	3.50
Green	Chicken, Cheese, Tomato & Spinach Toastie	3.50

* Please indicate if sauce is required or Parmesan cheese

Please write your CHILD'S NAME, CLASS and FOOD SELECTION & COST onto a brown paper bag and enclose correct money inside. If ordering Recess & Lunch please fill out two bags.

Children are to place their lunch orders into their Lunch Order Tub which is located in each classroom.

RATINGS	
Green	Green = Everyday Healthy Choice
Amber	Amber = Occasional Moderate Choice, Choose carefully

GF = gluten free, DF = dairy free, NF = nut free, V = Vegan, EF = egg free, VEG-Vegetarian

Thirst Busters - Available for Lunch & Recess		
Rating	Item	\$
Green	Milk - Plain, Choc, Strawberry or Caramel (300ml)	2.00
Green	Fruit Smoothie - Berry or Banana (fruit, low-fat milk & low fat vanilla yoghurt) (300ml)	3.00
Green	Water	1.00
Amber	Fruit Juice - Apple & Black Current, Orange or Apple (150ml)	1.20
Amber	Fruit Juice - Tropical (250ml)	1.60

Snacks - Recess only		
Rating	Item	\$
Green	Popcorn - Air Popped	1.00
Green	Pancakes- Jam or Maple Syrup (2 per serve)	3.20
Green	Frozen Yoghurt Mini - Passionfruit, Wildberry, Strawberry or Mango	1.20
Green	Slinky Apple	1.00
Green	Fruit cup - two fruits	2.00
Green	Custard and Fruit	2.50

Nice & Icy - only available at lunch time		
Rating	Item	\$
Green	Frozen Yoghurt Mini - Passionfruit, Wildberry, Strawberry or Mango	1.20
Amber	Zooper Dooper 70ml	0.60

Please Note: Nice & Icy items will not be placed in lunch bags - these can be collected at the canteen counter.



anteens please go to

<https://healthyschoolcanteens.nsw.gov.au> or <https://healthy-kids.com.au>