

St Michael's Canteen Menu 2016

Open Monday, Wednesday, Friday - 8:20am to 2:00pm

Our menu is proudly 83% Green & 17% Amber according to the Traffic Light System endorsed by the WA School Canteens Association ("WASCA"). We do not sell Red items. We only sell WASCA approved food and drinks. This menu has been developed by Linda Ford, and approved by St Michael's School Principal, Assistant Principals, and WASCA. Our menu also complies with the WA Department of Education Healthy Food & Drinks Policy.

Linda Ford, Canteen Manager
(0437 375 079)

Please note the following information about our Canteen products:

- Amber items are served only on Mondays and Fridays.
- We use lean ham and lean chicken.
- ALL dairy is fat reduced.
- ALL mayo and dressings are fat reduced.
- ALL homemade items for Recess and Lunch follow WASCA guidelines and are therefore: low fat; low salt; low sugar; portion size and kj/cal controlled
- Bread and rolls are wholemeal without butter. White is only available on request. We use WASCA approved, salt-reduced margarine on request.



BEFORE SCHOOL 8:20 - 8:30am	
Milo	\$1.50
Wholemeal toast	\$1.50
Fruit toast	\$1.00
Cup yoghurt, fruit, cereal	\$2.00



RECESS	
Fruit	\$1.00
Fruit salad, small	\$2.00
Yoghurt, low fat	\$2.00
Yogo	\$2.00
Jelly & fruit cup	\$1.50
Fresh popcorn	\$0.50
Rice cake	\$0.50
Pikelet	\$0.50
Wholemeal crackers with cheese	\$1.50
Veggie sticks with low fat dip	\$2.00
Healthy smoothie	\$1.50
Cheesie	\$1.00
Fruit toast	\$1.00
Muffins	\$2.,50
Chicken corn roll	\$2.00
Nachos, plain corn chips, cheese	\$3.00

DRINKS MENU	
Water	\$1.50
Milk, Hi Lo	\$1.00
Milo, Hi Lo	\$1.50
Strawberry milk, low fat	\$2.50
Banana Milk, low fat	\$2.50
Choc milk, low fat	\$2.50
100% juice box, small	\$1.50
LOL Mineral water/juice	\$2.00

LUNCH - SALAD BOXES	
Salad (lettuce, cucumber, tomato, carrot, celery, capsicum, mayo/ dressing)	\$4.00
Chicken salad	\$5.00
Egg salad	\$5.00
Cheddar cheese salad	\$5.00
Cottage cheese salad	\$5.00
Tuna salad	\$5.00
Ham salad	\$5.00
Frittata + salad	\$5.00



You can choose to add any of the following to your salad box:

- beetroot
- bean mix
- light coleslaw
- light potato salad



SANDWICHES & ROLLS

To add salad to your sandwich, please pay \$1.00 extra

Vegemite	\$3.00
Salad	\$3.00
Cheese / Cheese with salad	\$3.00 / \$4.00
Egg / Egg with salad	\$3.00 / \$4.00
Chicken / Chicken with salad	\$3.00 / \$4.00
Tuna / Tuna with salad	\$3.00 / \$4.00
Ham with salad	\$4.00

WRAPS

Chicken with salad	\$4.00
Egg with salad	\$4.00
Cheddar cheese with salad	\$4.00
Cottage cheese with salad	\$4.00
Tuna with salad	\$4.00
Ham with salad	\$4.00

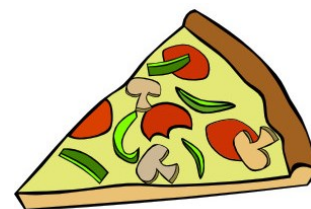
TOASTIES

Cheese	\$3.00
Cheese + ham	\$4.00
Cheese + ham + tomato	\$4.00
Cheese + ham + pineapple	\$4.00
Cheese + chicken	\$4.00
Cheese + chicken + pineapple	\$4.00
Cheese + tuna + corn + mayo	\$4.00
Baked beans	\$4.00

HOT LUNCH CHOICES

HH = Homemade & healthy. CA = WASCA Approved

Corn cob	\$1.00
Soup of the day HH	\$2.00
Pasta bake HH	\$4.50
Veggie bake HH	\$4.50
Chicken & veg curry with rice HH	\$4.50
Mac & cheese CA	\$4.50
Spaghetti bolognese CA	\$4.50
Chicken breast burger + salad in wholemeal roll	\$4.50
Veggie burger with salad in wholemeal roll	\$4.50
Pizza, margarita	\$3.50
Pizza, ham & pineapple CA	\$3.50
Pizza, supreme CA	\$3.50
Hot dog, low fat skinless, CA	\$3.50
Sausage roll CA	\$3.50
Long beef pie CA	\$3.50
Party pie CA	\$1.50
Chicken nuggets (premium chicken breast nuggets) CA	\$3.50
Chicken nuggets & transfat free potato gems CA	\$4.50



\$6.00 LUNCH MEAL DEAL

Wrap / roll / sandwich plus a piece of fruit and a bottle of water, only \$6.00!

AFTER LUNCH MENU

Fruit salad	\$2.00
Icy poles CA	\$1.00
Ice creams CA	\$2.00