

# St Michael's Canteen Menu 2018

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)

## BEFORE SCHOOL 8:20 - 8:30am

Milo	\$1.50
Wholemeal toast	\$1.50
Fruit toast	\$1.00
Cup yoghurt, fruit, cereal	\$2.00



## DRINKS MENU

Water	\$1.50
Milk	\$1.00
Milo	\$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
<b>Lunch Time only</b> <b>99% Fruit Slushy</b>	\$2.00

## LUNCH - SALAD BOXES

Salad (lettuce, cucumber, tomato, carrot,	\$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

## 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
Hash Brown Trans Fat Free	\$2.00
Nachos, plain corn chips, cheese	\$3.00



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

- beetroot
- bean mix



### SANDWICHES & ROLLS

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



### \$6.00 LUNCH MEAL DEAL

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

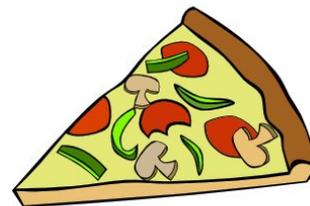
### HOT LUNCH CHOICES

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 Breast with 99% Fat Free	\$3.50
Mac & cheese CA	\$4.50
Spaghetti bolognese HH	\$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

Tomato Sauce

\$0.50



### AFTER LUNCH MENU

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