



EAST BEECHBORO PRIMARY SCHOOL

CANTEEN MENU

Welcome to the new canteen menu for **Term 3, 2017**.

The Canteen operates every Wednesday, Thursday and Friday throughout the school terms.

The Canteen supports the school in recognising the severity of allergies and as such do not sell products containing nuts.

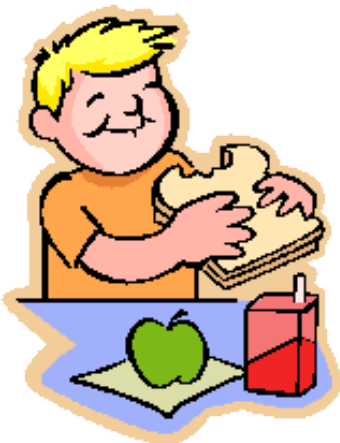
The canteen operates under the WA Department of Education's Healthy Food & Drink Policy which is based on the National Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating. Items sold in the canteen are categorised using a traffic light system (**GREEN**, **AMBER** or **RED**) according to their nutritional value.

The canteen only sells foods and drinks categorised as **GREEN** or **AMBER** as they provide valuable nutrients. Food and drinks categorised as **RED** are not available from the canteen.

The Canteen aims to provide students and staff with a healthy and nutritious menu. The Canteen Manager is employed by and reports to the School P&C.

Volunteers are always needed.

In order for our Canteen to keep preparing fresh delicious homemade and nutritious food we do require the assistance of Volunteers. If you can spare any time during the day please don't hesitate to contact the school. Your children will love seeing you help.



**WHEN PLACING YOUR ORDER PLEASE REMEMBER
TO INCLUDE YOUR CHILD'S FULL NAME AND
CLASSROOM NUMBER.**

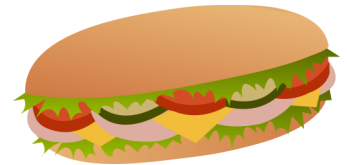
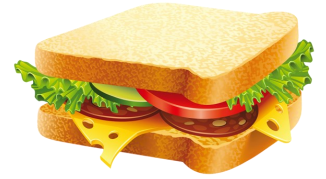
EAST BEECHBORO PRIMARY SCHOOL CANTEEN MENU

Term 3, 2017

Open Wednesday, Thursday and Friday only

FRESHLY MADE COLD FOOD

	S'wich	Roll
*Chicken	\$3.00	\$3.50
Egg Plain or Curry	\$3.00	\$3.50
Choice of Ham or Cheese	\$3.00	\$3.50
Add salad to the above for \$1.00 extra (Salad includes lettuce, tomato, cucumber & carrot)		
Salad	\$3.00	\$3.50
Vegemite	\$2.00	\$2.50



Make your own sandwich or roll

Lettuce, tomato, carrot, cucumber, beetroot, cheese, egg, mayo 50c each

Toasting is FREE

All sandwiches are made with Wholemeal Bread

Salad Trays

(lettuce, carrot, beetroot, cheese, capsicum, tomato, cucumber & orange)

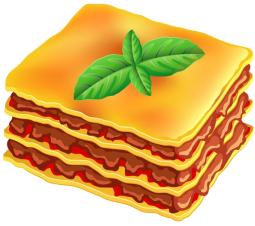
\$3.50

Optional extra Chicken or Ham \$1.00 extra Egg 50c extra



* indicates Halal items

HOT FOOD



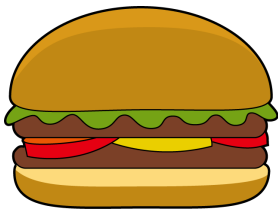
*Lasagne \$3.50

*Twista Bolognese \$3.50

Macaroni Cheese \$3.50

*Chicken Burger \$4.00

(lettuce, tomato, carrot and mayonnaise)



Hamburger \$4.00

(lettuce, tomato, carrot and tomato sauce)

Chicken Wrap \$3.50

(chicken tender, cheese, lettuce, carrot & mayo)

*Chicken Wedge (5 Max) (THURSDAY ONLY) \$0.90 each

Cheese and Bacon Pizza (FRIDAY ONLY) \$3.50

*Meat Pie (WEDNESDAY & FRIDAY ONLY) \$3.00

*Sausage Roll (WEDNESDAY & FRIDAY ONLY) \$2.60

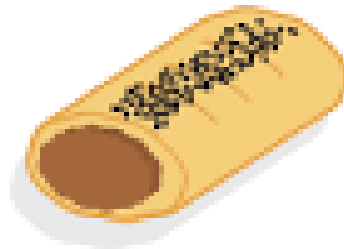
Party Pie ((WEDNESDAY & FRIDAY ONLY)) \$0.90 each

Quiche (WEDNESDAY & FRIDAY ONLY) \$3.00



SQUEEZE TOMATO SAUCE

\$0.30 each



* indicates Halal items available please state if Halal required

Recess

Cheesie	\$1.00
Ham Cheesie	\$1.10
Beef Noodles	\$1.00
Pikelets	\$0.20
Jelly Cup and fruit	\$0.80
Jelly Cup Fruit & Custard	\$1.00
Choc Yogo	\$1.80
Piece of fruit	\$0.50
Slinky Apple	\$0.50
Cupcake (2 max)	\$0.50
Popcorn	\$0.50
*Chicken Dinos (2pk) (WED & THUR ONLY)	\$1.00
Hashbrowns (FRIDAY ONLY)	\$1.00



Lunch time only

Ice Creams (various)	\$1.00
Ice cream tub	\$1.00
Zooper Dooper icy pole	\$0.50



Drinks

Bottle of water	\$1.00
Plain milk (225ml)	\$1.50
Milo	\$1.60
Juice Poptop (apple or blackcurrant)	\$1.60
Flavoured milk (300ml) (Chocolate or Strawberry)	\$2.00
Juice Bomb drink (250ml) (Vanilla & Lime, Apple & Blackcurrant, Apple & Raspberry)	\$2.00

