



EAST BEECHBORO PRIMARY SCHOOL

CANTEEN MENU

Welcome to the new canteen menu for **Term 4 2016 and Term 1 2017.**

The Canteen operates every Monday, Wednesday 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.

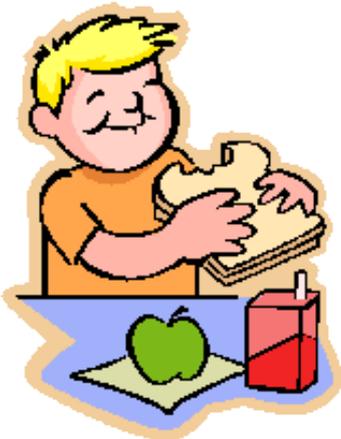
The canteen operates under the WA Department of Education's Healthy Food & Drink Policy which is based on the National Dietary Guidelines for Children and Adolescents in Australia and the Australian Guide to Healthy Eating. Items sold in the canteen are categorised using a traffic light system (**GREEN, 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 CHILDS FULLNAME AND
CLASSROOM NUMBER.

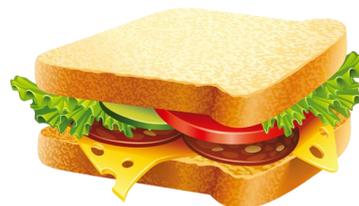
EAST BEECHBORO PRIMARY SCHOOL CANTEEN MENU

Term 4 2016 & Term 1 2017

Open Monday, Wednesday 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, Cheese or Tuna	\$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

* Cold Chicken Pasta Salad Bowl

(chicken, pasta, peas, corn, carrot, capsicum & mayo) \$4.00

Salad Trays

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

(French dressing is available if requested) \$3.50

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



* 2 x Rice Paper Rolls + dipping sauce

(chicken, lettuce, noodles, capsicum, carrot) \$3.50

Fresh fruit salad bowl

(seasonal fruit) \$2.50

Snack tray

(vegie sticks, cheese, jatz, dip, sultanas) \$2.50

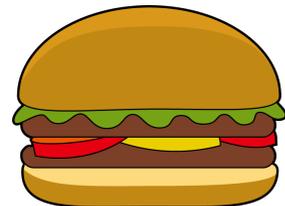


* indicates Halal items available please state if Halal required

Hot Food



*Lasagne	\$3.50
*Twista Bolognese	\$3.50
Macaroni Cheese (homemade)	\$3.50
*Chicken Burger (lettuce, tomato, carrot included)	\$4.00
Hamburger and tomato sauce (lettuce, tomato, carrot included)	\$4.00



SQUEEZE SAUCE

(tomato or BBQ)	\$0.30 each
Please state which one you want	

Lunch time only



Ice Creams (various)	\$1.00
Ice cream tub	\$1.00
Zooper Dooper icy pole	\$0.50
Frozen Yoghurt pops	\$0.20

Recess

Cheesie	\$1.00
Ham Cheesie	\$1.10
Vegemite Cheesie	\$1.10
*Chicken Dinos (2pk)	\$1.00
Pikelets	\$0.20
Jelly Cup and fruit	\$0.80
Jelly Cup Fruit & Custard	\$1.00
Choc Yogo	\$1.80
Strawberry Yoghurt	\$1.00
Piece of fruit	\$0.50
Cupcake (2 max)	\$0.50



Drinks

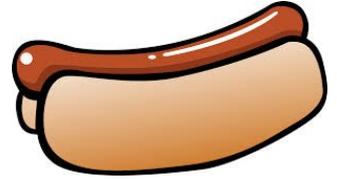
Bottle of water	\$1.00
Plain milk (300ml)	\$1.50
Milo (200ml)	\$1.60
Juice Poptop (apple or blackcurrant)	\$1.60
Flavoured milk (300ml) (Chocolate, Banana, Strawberry)	\$2.00
LOL drink (250ml) (Blackcurrant, Tropical, Razzbri)	\$2.00



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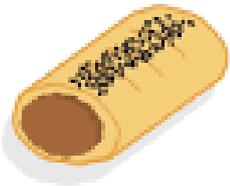
MONDAY LUNCH SPECIAL

* Chicken Wedge (5 max)	\$0.90 each
Chicken Wrap (chicken tender, cheese, lettuce, carrot, mayo)	\$3.50
Hot Diggity Dog (red frankfurt & tomato sauce)	\$2.50



WEDNESDAY LUNCH SPECIAL

* Pie	\$3.00
* Sausage Roll	\$2.60
Party Pie	\$0.90 each
Quiche	\$3.00
Meatball Sub (meatballs in tomato sauce & cheese)	\$3.50



FRIDAY ONLY SPECIALS

RECESS

Hash Browns (2 max)	\$1.00 each
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LUNCH

* Pie	\$3.00
* Sausage Roll	\$2.60
Party Pie	\$0.90 each
Quiche	\$3.00
Pizza (Cheese & Bacon only)	\$3.30
Nachos (corn chips, salsa & cheese)	\$3.50



NOTE TO PARENTS - Tea and coffee will be available for purchase on assembly days.

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