

STAR OF THE SEA CANTEEN MENU—SUMMER 2017, TERM 1

ORDERING YOUR LUNCH

Please place your lunch order online at
www.ouronlinecanteen.com.au

Orders can be made up to two weeks in advance, and can be made any time before 9am on the date of the order. (Free mobile app)

To assist in serving these online lunches, please drop your Enviro Bag in the canteen basket each morning, ensuring your name and room number are clearly marked, and "Online Order" written in zipped section. Do not enclose money.



Please help reduce paper waste in our school.

ORDERING:

Please type Room Number as: KB, PPG, 1W etc

If there is a "green plus" symbol next to your order, then "extras" are available on this item. This is also where you select your choice of drink for a Meal Deal.

CANCELLATIONS:

If you've placed an order in advance, and it is no longer required, cancel through the online system before 9am on the day it is required.

For help with the online system call
1300 484 888 from 7.30 am

ALTERNATIVELY:

You can place your order over the counter at the canteen, before 9 am, using your Enviro Bag (available from the canteen \$9.00) or a Paper Bag (cost 10c each). Late orders will be accepted, but a reduced menu may be offered. Please see Manager to confirm what is available.

Can you spare half an hour??

I would love your help.

The students love seeing their parents at the counter at lunch time (from 12.45).

You are also more than welcome to choose a time to suit you.

Tracy—9527 4700 (8.00 am to 2.00 pm)

RECESS (over the counter only)

A selection of hot and cold snacks will be available and will change daily, ranging in price from 20c to \$2.00. Students can purchase these over the counter at recess time.

Some of these may include:
Fruit Slinkies, Fresh Fruit, Diced Fruit Cups, Pikelets, Muffins, Scones, Jelly Cups, Popcorn, Cheesies, Scrolls, Pita Pockets, Mini Nachos.

All products and recipes are approved by WASCA.

LUNCH TIME TREATS (over the counter only)

The following treats will be available daily as well as a selection of recess treats:

Fruit Ice Cups, Choc Ice Cups, Frozen Yoghurt, Vanilla Ice Cream Tub and Vanilla Ice Cream Cone

EXCURSION PACK

Order lunch and/or recess for your class excursion. Please see canteen for an order form, and place your order up to two days in advance, for collection at 8.30 am on the date of excursion.



FOOD ALLERGIES AND INTOLERANCES

Do you have food allergies, intolerances or dietary preferences? Please let me know, as every effort will be made to accommodate all students.



HEALTHY FOOD AND DRINK CHOICES

The Healthy Food and Drink Choices Policy was introduced in 2006, by the WA Government. It is sometimes called "The Traffic Light System", as foods are categorised Green, Amber and Red.

"Green" foods are everyday choices (fruit and veg, breads, lean meats, low fat dairy etc)


"Amber" foods should be selected carefully or limited from your daily intake (restrictions will apply to Amber products in this canteen—And, only ONE serve will be allowed, unless stated).

"Red" foods are high in fat and sugar and will not be available in this canteen.

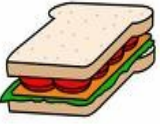


Star of the Sea Canteen complies with the WA School Canteen Association Guidelines.

STAR OF THE SEA CANTEEN MENU—SUMMER 2017


EVERYDAY COLD FOOD SELECTION

Fruit Salad Cup	\$2.00
Rainbow Salad Cup OR Coleslaw Cup	\$2.00
Salad Bowl (Salad, Egg, Cheese)	\$3.50
Salad Bowl plus Ham or Chicken	\$4.00
Sushi— Vegetarian, Chicken, Tuna 	\$4.50





SANDWICHES AND WRAPS

	Vegemite Sandwich	\$2.50
	Salad OR Cheese Sandwich	\$2.70
	Egg Sandwich (no mayo)	\$2.70
	Curried Egg Sandwich	\$2.80
	Ham OR Chicken OR Beef Sandwich	\$3.00
	Tuna Sandwich	\$3.50
	* Toasting of Sandwiches and Wraps 	\$0.30
EXTRAS—for Sandwiches, Wraps, and Burgers		
	Salad = lettuce, tomato, cucumber, carrot	\$0.60
	Mayonnaise or Beetroot 	\$0.30
	Cheese or Egg	\$0.60
	Lettuce or Tomato or Cucumber or Carrot	\$0.20

EVERYDAY STAR TOASTIES

Toasted Spaghetti Sandwich 	\$2.50
Toasted Baked Bean Sandwich	\$2.50
Toasted Ham and Cheese Sandwich	\$3.50
(more toasties available, see sandwiches)	


EVERYDAY HOT FOOD SELECTION

Corn on the Cob 	\$1.00
Jacket Potato - One Filling	\$2.50
Jacket Potato - Two Fillings	\$3.00
Baked Beans, Ham, Cheese, Coleslaw, Bolognese	
Hambo (Hot Ham and Cheese Roll) 	\$3.00
Ham and Cheese Pizza Slice	\$3.20
Nacho Bowl (V)	\$3.20
Hot Chicken Roll 	\$3.50
Beef and Gravy Roll	\$3.50
Chicken and Gravy Roll	\$3.50
Crispy Chicken Wrap with Salad and Mayo	\$4.00
Mac and Cheese (V) OR Pasta Bolognese	\$4.00
Spaghetti and Meatballs	\$4.50
Combination Fried Noodles (contains Seafood)	\$4.50
Combination Fried Rice 	\$4.50
Vegetarian Fried Rice	\$4.50
Katsu Chicken and Rice	\$4.50

SNACK SELECTIONS


Fresh Fruit (Banana or Apple) 	\$0.50
Popcorn Snack Cup	\$0.50
Mixed Snack Cup (Popcorn and Cereal)	\$0.50
Sultanas	\$0.50
Buttered Pikelet 	\$0.50
Jelly Cup with fruit	\$1.00
Diced Fruit Cup (in juice)	\$1.00
Diced Watermelon Cup	\$1.00
Cheese and Biscuits 	\$1.00
Super Crunch Box (apple stinky, carrots, sultanas)	\$1.00
Muffin of the Day	\$1.50
Jelly Cup with Fruit and Yoghurt 	\$1.50
Yoghurt (Light Vanilla, Strawberry, Wild Berry)	\$1.50
Berry Delight - Yoghurt, Berry Coulis and Granola	\$1.50

DRINKS


Water	\$1.50
Plain Low Fat Milk 	\$1.50
Flavoured Milk (Choc, Strawberry, Banana, Choc Mint)	\$2.50

DAILY SPECIALS


CHEEKY CHICKEN DAY — MONDAY ONLY

Chicken Burger with Salad and Mayo 	\$3.80
Chicken Schnitzel Burger with Coleslaw	\$3.80


TOASTED ENGLISH MUFFINS — TUESDAY ONLY

Veggie Delight - Hummus, Carrot and Tomato	\$4.00
Yummy Tropical - Ham, Cheese and Pineapple	\$4.00
Breakfast Special - Ham, Cheese and Egg 	\$4.00

MACHO NACHOS — WEDNESDAY ONLY

 Nacho Bowl with Chicken	\$3.80
Nacho Bowl with Baked Beans	\$3.80
Nacho Dippers (Chips and Cheese with Salsa Dip)	\$3.80

IT'S A WRAP — THURSDAY ONLY

Chilli Chicken Wrap with Salad and Mayo 	\$4.00
Crispy Fish Wrap with Salad and Mayo	\$4.00

PICK A PASTRY DAY — FRIDAY ONLY

Party Pies x 2 (maximum, 2 serves) * 	\$3.20
Sausage Roll * 	\$3.50
Beef Cruiser Pie *	\$4.00

Tomato or BBQ Sauce Squeeze-ons — \$0.30