

# ST JOSEPH'S CANTEEN MENU February 2014

AVAILABLE AT RECESS		LUNCH ORDER OPTIONS		LUNCH ORDER OPTIONS		
<b>Freshly baked /cooked</b>		<b>Salads</b>		<b>Hot food</b>		
Muffins <i>Tues and Thurs</i>	0.30	Joey's salad box ( lettuce, tomato, grated carrot, beetroot,cheese & fork)	2.50	Boiled egg	0.50	
Pikelets (plain/jam/ choc mud) <i>Wed and Fri</i>	0.20	Joey's salad box with ham or egg or chicken	3.00	Chicken burger - plain	2.60	
Pizza sub (sliced bread with tomato paste & grated cheese)	0.50	Joey's salad box and 3 chicken nuggets	3.50	Chicken burger with lettuce and mayo	3.10	
<b>Other</b>		Joey's salad box and 6 nuggets	4.50	Premuim chicken nuggets	0.50	
Custard cup (with milo sprinkle)	0.50	Joey's salad box and 1 crumbed fish piece	4.00	Crumbed fish piece	2.00	
Fresh fruit or fruit pieces	0.50	Teacher's salad plate with ham or chicken	3.50	Crumbed fish piece with wedges	3.00	
Apples can be" slinkeyed" at no charge	nc			Four'n Twenty meat pie	2.60	
				Four'n Twenty traveller pie - meat	2.60	
				Sausage roll	2.10	
<b>AVAILABLE AT RECESS AND LUNCH</b>		<b>Sandwiches and wraps</b>	<b>SW</b>	<b>Wrap</b>		
JJ Noodle snacks - chicken or BBQ	0.30	Vegemite	1.30	2.00	Hot dog - plain	2.00
Real McCoy Jumpy's - chicken or BBQ	0.80	Strawberry jam	1.30	2.00	Hot dog with tomato sauce	2.20
Red rock Deli Potato Chips - plain or honey soy	1.00	Chocolate mud (nut free hazelnut spread)	1.30	2.00	Hot noodle cup - chicken or beef	2.00
Piranha crackers gluten free- honey soy or italian	1.00	Cheese	1.50	2.20	McCain pizza single -ham&pineapple	2.10
		Cheese and salad	2.50	3.20	Beef lasagne	2.60
<b>Drinks</b>		Chicken (diced chicken breast)	2.00	2.70	Macaroni cheese	2.60
Macquarie Valley juice 200ml - apple and orange	1.30	Chicken and salad	3.00	3.70	Potato wedges (bag of 5)	0.50
Breaka flavoured milk 250ml - strawberry and choc	1.30	Egg	2.00	2.70		
Bottled water	1.00	Egg and lettuce	2.20	2.90		
Focus flavoured spring water	1.50	Egg and salad	3.00	3.70	<a href="http://www.healthy-kids.com.au">www.healthy-kids.com.au</a>	
Quench fruit drink - light fizz	1.40	Ham	2.00	2.70	Green: encourage and promote these foods - fill the menu.	
		Ham and cheese	2.50	3.20	Amber: select carefully and avoid large serving sizes	
<b>ONLY AVAILABLE AT LUNCH</b>		Ham and salad	3.00	3.70	Red: occasional products	
<b>Snacks</b>		Tuna	2.00	2.70	•The products marked with green and amber meet the Healthy kids nutrient criteria and are a healthy kids registered product.	
Ovaltines	0.80	Tuna and salad	3.00	3.70	•The menus items with no colour bar may fall into the following categories:	
Wonka raspberry twists - each	0.15				- fresh items baked or made on the premises and not rated	
Wonka raspberry twists - bag of 3	0.40	<b>Extras</b>			- have not yet applied for Healthy Kids green or amber rating	
Frogs	0.10	Beetroot	0.20			
Nuggets fruit snacks	0.50	Carrot	0.20			
<b>Freezer items</b>		Cheese	0.50			
Bulla Light vanilla cup	1.00	Tomato	0.20		<b>Please note the following:</b>	
Bulla fozen yoghurt -strawberry, mago, raspberry	1.20	Cucumber	0.20		•Canteen is open Tuesday - Friday (unless otherwise notified)	
Quelch fruit ice block	0.50	Chicken	0.50		•Please ensure orders are written clearly on a paper bag or lunch wallet and marked with student's name, class, order and amount	
Icy pole - lemonade or raspberry	1.00	Egg	0.50		•Please specify if margarine is required on sandwiches, wraps or hot dogs.	
Jelly joy stick	0.20	Ham	0.50		Where a stock item is unavailable an alternative will be offered.	
Billabong - chocolate or triple swirl	1.20	Lettuce	0.20		•Freezer items and hot noodle soups need to be collected from the canteen	
TNT Snappo (Term 1 and 4)	0.50	Condiments (BBQ, tomato, sweet chilli, mayo)	0.20			
		Lunch bags	0.10			