

The Munch Bar Menu


Our Canteen uses the 'Traffic Light' system when planning the menu, as recommended by the WA School Canteen Association. G = 'Green' items are suitable to eat every day A = 'Amber' items should be eaten in moderation

Spoons and forks 20c for non-canteen bought food


****SPECIALS WILL ONLY BE SOLD ON THEIR ALLOCATED DAY****

Sandwich Bar		
Toasties		
G - Cheese		\$3
G - Ham & Cheese		\$3.50
G - Ham & Tomato		\$3.50
G - Ham, Cheese & Pineapple		\$ 4.00
G - Ham, Cheese & Tomato		\$4
G - Chicken & Cheese		\$4
Sandwiches & Wraps		
G - Vegemite		\$2.50
G - Ham & Cheese		\$3.50
G - Tuna, Lettuce & Mayo		\$3.50
G - Chicken, Lettuce, Tomato & Mayo		\$4
G - Curried Egg & Lettuce		\$ 3.50

Recess snacks & Lunch Extras		
G - Apple Slinky		\$1
G - Air-popped Popcorn		\$1
G - Cheese & Crackers		\$1.50
G - Hawaiian Cheesie		\$2
G - Italian Cheesie		\$1.50
G - ½ Vegemite Roll		\$1
G - Salad Cup		\$1.50
A - Yoghurt Cup		\$2.50
A - Sultanas		\$1

After Lunch Treats		
A - ½ Icy Pole		50c
A - Full Icy Pole		\$1
A - Paddle Pop		\$2.50
A - Bulla Frozen Yoghurt Cup		\$3

Drinks		
G - Water (600ml)		\$1.50
G - Juice Box		\$1.00
A - Flavoured Milk		\$2.50

Soup Of The Day	
G - A delicious cup of soup made with seasonal vegetables, served with a slice of bread – please ask Mrs Lennox for details! - \$4	

Monday	Tuesday	Wednesday	Thursday	Friday
A - Pizza	A - Sausage Rolls & Pies	A - Pasta Specials	A - Burgers	A - Beef Nachos
Individual Pizza \$3	Sausage Roll \$3 Party Pies (2) \$3 Large Pie \$4	Ask Mrs Lennox for today's special! Between \$4-\$5	Hamburger - \$4.00 Hamburger with Salad -\$5.50 Add cheese 50c	Corn chips, salsa & cheese. (mildly spiced) \$5.50 Add low-fat sour cream for 50 cents.

