

THE MUNCH BAR - SUMMER MENU

RECESS SNACKS		
G	Apple Slinky	\$1.00
G	Air-popped Popcorn	\$.50
G	Cheese with Crackers	\$1.50
G	Corn Cobbette	\$1.30
A	Sultanas	\$1.00
G	Hawaiian Cheesie (ham & pineapple)	\$1.50
G	Italian Cheesie (tomato & herbs)	\$1.50
G	½ Vegemite Roll	\$1.00

THIRST QUENCHERS		
G	Water (600ml)	\$1.20
G	Flavoured Milk (300ml) (chocolate, banana, or berry)	\$2.50
A	100% Fruit Juice – (lunch time only) (orange, apple, or tropical)	\$2.50

SLURPY SOUP		
G	Pumpkin Soup (served with a slice of toast)	\$3.00

TERRIFIC TOASTIES		
G	Cheese	\$2.80
G	Ham & Cheese	\$3.00
G	Ham & Tomato	\$3.00
G	Ham, Pineapple & Cheese	\$3.50
G	Chicken & Cheese	\$3.50
G	Ham, Cheese & Tomato	\$3.50

EXCELLENT EXTRAS		
G	Carrot Sticks	\$.50
G	Salad Cup	\$1.00
G	Peeled Boiled Egg	\$.50
G	Corn Cobbette	\$1.30
G	Apple Slinky	\$1.00

AFTER LUNCH TREATS		
A	Quelch 99% Fruit Juice Stick (full)	\$1.00
A	Quelch 99% Fruit Juice Stick (half)	\$.50
A	Paddle Pop	\$2.50
A	Bulla Frozen Yoghurt Cup	\$3.00

SUPER SANDWICHES & WRAPS			
G	Oink & Moo	Ham & cheese, served with carrot sticks	\$3.50
G	Sea Monster	Tuna, lettuce, mayo	\$3.00
G	Chicky Wicky	Chicken, lettuce, tomato, mayo	\$3.50
G	Cluck Cluck	Curried egg, lettuce	\$3.00
G	Panda	Vegemite sandwich, served with carrot sticks	\$2.50

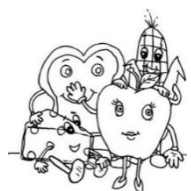
Please note that all bread and wraps we use are wholemeal, or high-fibre white. If not specified on your order, a wholemeal sandwich will be provided.

All mayonnaise and cheese is reduced-fat and salt-reduced products are used where possible.

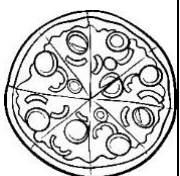
Due to health and safety regulations, we are no longer able to reheat food brought in from home.

Please place your order at the Canteen before school

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

LUNCH SPECIALS (only available on these days)			
MONDAY	TUESDAY	THURSDAY	FRIDAY
A – Pizza 'Cheeky Brothers' pizza, sold by the slice. Choose from <i>Italian</i> , or <i>Hawaiian</i> .  \$2.50 per slice (max 2 per child)	A – Pies and Sausage Rolls Mrs Mac's Good Eating Brand Pie \$3.60 Snack Pies (x2) \$2.70 Sausage Roll \$2.70 Tomato Sauce included.	G – Grazing Platter A delicious selection of cheese, cold meat, boiled egg, crackers, popcorn, fruit, veggie sticks and dip. Perfect for those who like variety and prefer to nibble! (Ingredients may vary each week) \$4.50	A – Nachos Made with low-sodium corn chips and reduced-fat cheese. • \$4.50 Vegetarian – tomato salsa and cheese or • \$5.00 Beef – mildly-spiced lean beef, tomato salsa and cheese Add low-fat sour cream for 30 cents. 