

THE CRUNCHY CARROT

CANTEEN MENU 2019

RECESS ITEMS

RECESS ITEMS AVAILABLE TO KINDY AND PRE-PRIMARY
WILL BE DELIVERED @ LUNCHTIME

G Lebanese Pizza Slice (YRS 1-6 ONLY)	1.00
G Cheesie	2.00
G Ham Cheesie	2.50
G Yumbo – ½ Pita with ham and cheese	2.50
G Apple Slinky	.90
G Watermelon Slice	.70
G Fruit salad cup	1.80
G Jelly Fruit Cup	1.20
G Jelly Fruit and Custard Cup	1.60
A Custard Cup	
G Pikelet – buttered	.70
G Muffin	1.00
Blueberry, Banana or Apple and Cinnamon	
G Fruit Toast x 2 slices	1.50
G Vege Chips – BBQ/S&V/Chicken	1.20
G Popcorn Bag	1.00
G Grain Waves – Sour Cream	1.20

**PLS USE SEPARATE BAGS FOR RECESS & LUNCH FOR
YEARS 1 – 6**

DRINKS

KINDY AND PRE-PRIMARY ARE WATER ONLY
ZONE

G Milk Chill	2.50
Choc / Neopolitan / Banana / Strawberry	
G Water	2.00
G Hot Chocolate	1.50
PLEASE COLLECT FROM THE CANTEEN	
A Juice Box	1.20
Apple / Apple and Blackcurrant	
ACPS Reusable Cup	9.00
FIRST HOT CHOCCIE FREE W/CUP	

SWEET TREATS

NOT AVAILABLE TO KINDY OR PRE-PRIMARY

A Paddlepop – Choc or Rainbow	1.60
A Ice Cream Bucket	1.60
A Juice Pop	.50
G Milk Pop	1.00
A Zooper Dooper	1.00

TO ORDER PLEASE USE OUR CDF PAY ONLINE
SERVICE OR ALTERNATIVELY DROP INTO CLASS
TUBS FOR KINDY TO YR 2 AND CANTEEN FOR YRS
3 – 6. PLEASE DO NOT STAPLE OR STICKY TAPE
YOUR LUNCH AND RECESS BAGS.

OUR CANTEEN RELIES GREATLY ON THE
SUPPORT OF OUR VOLUNTEERS – THANKYOU. IF
YOU ARE ABLE TO HELP OUT PLEASE DROP BY
THE CANTEEN.

THANKYOU

NATALIE – CANTEEN MANAGER

PH: 9583 8500



HEALTHY FOOD AND DRINK CHOICES

Our school adheres to the Healthy Food and Drink Choices Policy introduced by the WA Government in 2006. It is referred to as the "Traffic Light System" as foods are placed in categories based on a Traffic Light

GREEN FOODS ARE EVERYDAY CHOICES – FRUIT & VEG, BREADS, LOW FAT DAIRY, LEAN MEATS ETC.....

AMBER FOODS SHOULD BE SELECTED CAREFULLY OR LIMITED FROM YOUR DAILY INTAKE

RED FOODS ARE HIGH IN FAT AND SUGAR AND WILL NOT BE AVAILABLE FROM THE CANTEEN

THE CRUNCHY CARROT

LUNCH TIME ORDERS

AVAILABLE DAILY

SANDWICHES WHOLEMEAL ONLY OR WHITE WRAP

G Cheese	3.50
G Ham	4.00
G Ham & Cheese	4.50
G Chicken	4.00
G Chicken & Cheese	4.50
G Tuna	3.50
G Vegemite	3.00
G Vegemite & Cheese	3.50
G Salad	3.50
G Ham & Salad	4.70
G Chicken & Salad	4.70
G Cheese & Salad	4.50
G Tuna & Salad	4.70

EXTRAS

Cheese/Beetroot/Avocado/Mayo	.50
GLUTEN FREE BREAD	.50



TOASTED SANDWICHES

G Vegemite & Cheese	3.50
G Baked Beans	3.50
G Baked Beans & Cheese	4.00
G Ham	4.00
G Ham & Cheese	4.50
G Ham, Cheese & Tomato	4.70
G Ham, Cheese & Pineapple	4.90
G Chicken	4.00
G Chicken & Cheese	4.50
G Chicken, Cheese & Avocado	5.00
G Tuna	3.50
G Cheese	3.50
G Cheese & Tomato	3.70

EXTRAS

Mayo / GLUTEN FREE BREAD	.50
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AVAILABLE DAILY

G Sweet Chicken Chilli Wrap w/salad, cheese & mayo	5.20
G Hot Chicken Roll	4.50
G Mini Hot Chicken Roll	2.80
G Meatball Sub w/melted cheese	4.60
G Lasagna	5.50
G Spaghetti Bolognese	5.50
G Macaroni Cheese	5.50
G Fried Rice	5.50
G Butter Chicken - GF	5.50
G Stuffed Spud – topped w/cheese Savoury Mince / Ham / Baked Beans	4.00
G Salad Tub	4.00
Add Chicken / Ham or Tuna	1.00
Add Cheese / Pineapple / Beetroot Or Avocado	.50
A Cheese Burger w/sauce	4.50
G Hamburger w/salad & sauce	5.00
G Chicken Burger w/salad & mayo	5.00
G Fish Burger w/salad & mayo	5.00
Add Cheese	.50

WEEKLY SPECIALS

MONDAY & THURSDAY

A Pizza Slab	3.50
Pineapple Paradise, Ham Hero, Meatlovers & Very Veggie	
A Nachos w/cheese	4.50
Add Sour Cream	.50

WEDNESDAY

A Hotdog w/sauce	4.00
A Puppy dog w/sauce	2.00
A Chicken Drummy – Limit x 4	1.80
A Drummy x 2 and Wedges	5.00

FRIDAY

A Pie	3.60
A Potato Pie	4.00
A Party Pie – Limit of 4	1.20
A Sausage Roll	3.20
A Spinach & Ricotta Roll	3.60
A G/F Pie	5.00
A Drummy & Wedges	5.00
A Chicken Drummy – Limit x 4	1.80
SAUCE	.50