# Mundaring Primary School Canteen Menu

## Lunch Items available Monday and Friday

### Sandwiches, Rolls & Wraps

- **Vegemite**: $1.50
- **Cheese**: $2.50
- **Cheese & salad**: $3.00
- **Tuna & salad**: $3.50
- **Ham & salad**: $3.00
- **Chicken**: $3.00
- **Chicken & salad**: $3.50

*Cheese or beetroot extra* $0.30

### Toasted Sandwiches

- **Cheese**: $2.70
- **Ham & cheese**: $3.00
- **Ham, cheese & tomato**: $3.30
- **Tomato & cheese**: $3.00
- **Baked beans**: $3.00
- **Baked beans & cheese**: $3.30
- **Vegemite & cheese**: $2.70
- **Vegemite**: $2.00

### Anytime Snacks

- **Apple slinky**: $0.70
- **BYO Apple slinky**: $0.10
- **Piece of fresh seasonal fruit**: $0.70
- **Snack pack (crackers, cheese & carrot)**: $0.50
- **Fruit jelly**: $0.80
- **Choc Yogo**: $1.60
- **Pikelets**: $0.25
- **Frozen yogurt**: $1.80
- **Oat cookies (max 2)**: $0.20
- **Rice sticks**: $0.80

### Icypoles & Icecreams

- **Quelch**: $0.50
- **Quelch half**: $0.25
- **Moosie**: $1.20
- **Vanilla bucket**: $1.00

### Hot Lunch Items

- **Mexican chicken salsa pita pockets**: $3.50
- **Noodle box**: $3.50
- **Chicken Teryaki and rice**: $4.50
- **Chicken, Vege and rice**: $4.50

### Available Mondays

- **Cheesie, Tomato cheeseie or Vegemite cheeseie**: $1.00
- **Ham & salad**: $3.00
- **Mini pizza**: $1.00
- **Vege sticks with dip**: $1.00
- **Other recess specials as available**

### Available Mondays & Fridays

- **Salad Plate with lettuce, carrot, tomato, cucumber, beetroot, olives, snowpeas, cheese, bread, orange slice add ham, chicken or tuna**: $3.50

### Available Mondays ONLY

- **Sweet chilli chicken, mayo & salad wrap or sub**: $3.70
- **Sandwiches, Rolls & Wraps**: $3.50

### Available Fridays

- **Ham & cheese**: $3.00
- **Toyota & salad**: $3.50
- **Cheese sticks (max 2)**: $0.60
- **Ham, cheese & tomato**: $3.30
- **Tomato & cheese**: $3.00
- **Baked beans**: $3.00
- **Baked beans & cheese**: $3.30
- **Vegemite & Cheese**: $2.70
- **Vegemite**: $2.00

### Available Fridays ONLY

- **Hash browns (max 2)**: $0.60
- **Yummy drummies (max 2)**: $1.00
- **Banana smoothie**: $2.50
- **Tuna & salad**: $3.70
- **Ham & salad**: $3.20

### Available Mondays & Fridays

- **Lasagne**: $3.50
- **Burger & salad**: $3.20
- **Hot chicken roll**: $3.50

### Available Fridays ONLY

- **Chicken & salad**: $3.50
- **Mexican chicken salsa pita pockets**: $3.50
- **Mini pizza**: $1.00
- **Vege sticks with dip**: $1.00
- **Cheese or beetroot extra**: $0.30
- **Baked beans**: $3.00
- **等各种ashes as available**

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About the Menu

WA school canteens use the 'Traffic Light System' to classify food and drink into green, amber and red categories based on:
- nutritional value
- energy density
- levels of saturated fat
- added sugar
- salt and fibre

The majority of foods offered by Mundaring Primary School canteen are classified in the 'green' category and are the healthiest choices. We endeavour to promote these foods.

Food and drink in the 'amber' category are not recommended as everyday choices and may only be sold on two days of the five day school week, or for a two day a week canteen like ours, only on one of the open days.

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The Mundaring Primary School canteen is run by the P&C. We have a canteen policy in line with the Department of Education's Healthy Food and Drink Policy. These policies are available to view at the canteen.

We ensure the menu has at least 60% green items and less than 40% amber items. Our canteen has been assessed by WASCA as having over 70% green items.

Savoury commercial products are only offered once a week. We do not sell any red category food or drinks.

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Please be aware that our canteen has been approved as a heat and serve facility only. This places some limitations on what we can offer to students.

All products offered in our canteen are approved by the WA School Canteen Association.