### Mundaring Primary School Canteen Menu

#### Recess ONLY Snacks
- **Warm Milo drink (must be pre-ordered)**: $1.00
- Cheese, Tomato cheesie or Vegemite cheesie: $1.00
- Snaps chips: $1.20
- Yummy drummies (max 2): $1.00
- Hash browns (max 2): $0.60

#### Recess Special
- Banana smoothie: large $2.50, small $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

#### Drinks
- Water: $2.00
- 300mL Flavoured milk: $2.20
- Milk with Sippah straw: $1.50
- Juice box: $1.80
- LOL: $2.50

### Lunch Items available Monday and Friday

#### Sandwiches, Rolls & Wraps
- **sandwich roll/ wrap**
  - Vegemite: $1.50, $1.70
  - Cheese: $2.50, $2.70
  - Cheese & salad: $3.00, $3.20
  - Tuna & salad: $3.50, $3.70
  - Ham: $2.50, $2.70
  - Ham & salad: $3.00, $3.20
  - Chicken: $3.00, $3.20
  - Chicken & salad: $3.50, $3.70
- **Cheese or beetroot extra**: $0.30, $0.30

#### Sweet chilli chicken, mayo & salad wrap: $3.70

#### Sweet chilli chicken sub with lettuce & mayo: $3.50

#### Super Salad box
- lettuce, carrot, tomato, cucumber, beetroot, olives, snowpeas, cheese: $3.50
- add ham, chicken or tuna: $4.50
- add sweet chilli chicken pieces: $4.50

#### Salad Plate with lettuce, carrot, tomato, cucumber, beetroot, olives, snowpeas, cheese, bread, orange slice
- small: $3.50
- large: $6.00

#### 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

#### Meal Deal
- Any roll with salad & flavoured milk: $5.00

#### Available Friday Only
- **Sushi - tuna, chicken, vege or combo** (8pc only)
  - 5 pieces: $4.50
  - 8 pieces: $5.50
  - **MUST be ordered and paid for on Monday**

#### Hot Lunch Items
- Lasagne: $3.50
- Burger & salad: $3.20
- Hot chicken roll: $3.50
- Noodle box: $3.50
- Cruiser pie: $2.70
- Party pie: $1.00
- Potato pie: $2.70
- Sausage roll: $2.80
- Pizza single: $2.80
- Sauce portion: $0.30

#### Icypoles & Icecreams
- Quelch: $0.50
- Quelch half: $0.25
- Moosie: $1.20
- Vanilla bucket: $1.00
MUNDARING PRIMARY SCHOOL CANTEEN

Winter Menu 2016
Open Monday & Friday

Please write your order on a lunch bag and place in the lunch order box at the canteen prior to the start of school. If you are also placing a recess order please clearly mark “Recess Order” on the lunch bag.

OR
Try ordering online with ouronlinecanteen.com.au

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.

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

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.

We welcome new ideas and especially volunteer help.

A big thank-you to our volunteers.
We can ONLY operate with your help and are always in need of new volunteers.

If you are able to assist, even if only for an hour or two please see Sharon at the Canteen.

Sorry no credit given.
Prices may rise without notification

Mundaring Primary School
9295 1072