

MUNDARING
PRIMARY SCHOOL

Canteen Menu 2023

Open
Tuesday & Friday

Order online with QuickCliq at
www.quickcliq.com.au

or

Before 8:50am at the Canteen

No over the counter orders at
Recess

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. 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.



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 new volunteers

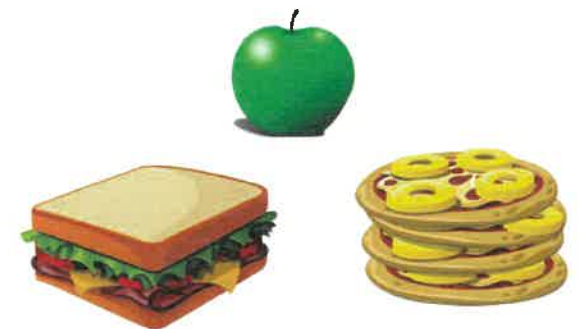
A big thank-you to our volunteers.

**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 Cherie at the
Canteen.*

**Sorry no credit given.
Prices may rise without
notification**

Mundaring Primary School
9295 9500



Reviewed Oct 2023

MUNDARING PS CANTEEN MENU (2023)

Anytime Snacks

- Apple Slinky \$1.20
- BYO Apple Slinky \$0.20
- Snack Pack \$1.50
- Pikelets (max 2) \$0.30
- Fruit cup \$1.00
- Popcorn \$1.00
- Oat Cookies (max 2) \$0.30

Recess Only Items

- Cruskits (2) \$0.80
- Add Cheese \$0.30
- Add Vegemite \$0.10
- Pikelet – Cheese & Corn \$0.40
- Pikelet – Apple & Cinnamon \$0.40
- Veggie Dip Sicks \$2.50
- Add Greek Ranch \$0.40
- Add Hummus \$0.40

Icy Poles and Ice Creams

- Quelch \$0.50
- Quelch half \$0.25
- Vanilla Bucket \$1.50

Drinks

- Juice Bomb (LOL) \$2.50
- Water 600ml \$2.00
- Milk (reduced fat) \$1.70
- Milk with Sippah Straw \$2.00
- Milk Flavoured 300ml \$2.40
- Juice Box \$1.80

LUNCH – Available Every Tues & Fri

Sandwiches, Rolls, Wraps & Salad Trays

- | | Sandwiches | roll/wrap |
|----------------------------|------------|-----------|
| • Vegemite | \$1.50 | \$1.70 |
| • Cheese | \$2.50 | \$2.70 |
| • Fish Finger Wrap & Salad | | \$3.20 |
| • Salad | \$2.80 | \$3.00 |
| • Sweet Chilli Wrap | | \$3.80 |
| • Cheese and Salad | \$3.00 | \$3.20 |
| • Tuna and Salad | \$3.50 | \$3.70 |
| • Ham and Salad | \$3.00 | \$3.20 |
| • Ham and Cheese | \$3.00 | \$3.20 |
| • Chicken and Salad | \$3.50 | \$3.70 |
| • Cheese or beetroot extra | \$0.30 | \$0.30 |

Toasted Sandwiches

- Cheese \$2.70
- Ham and Cheese \$3.00
- Ham, Cheese and Tomato \$3.30
- Cheese and Tomato \$3.00
- Baked Beans or Spaghetti \$3.00
- Beans/Spaghetti and Cheese \$3.30

Salad

- Salad Tray - Lettuce, carrot, tomato, Cucumber, corn, beetroot, olives
1 x Slice of Bread \$3.50
Add ham, chicken or tuna \$4.50

LUNCH – Limited Days

Available TUESDAY ONLY

- Tuna and Rice Box \$3.00
- Veggie Rice Box \$3.00
- Noodle Box \$3.00
- Salsa Box with Rice
tomato, cucumber, corn \$3.00
- Add Chicken \$0.50
- Add Cheese \$0.30
- Add Sour Cream \$0.30
- Nacho Box with Baked Beans \$3.00
- Add Cheese \$0.30
- Add Sour Cream \$0.30

Available TUESDAY & FRIDAY

- Sweet Chilli Chicken, Salad & Mayo Sub \$3.80
- Fish Finger, Salad & Mayo Sub \$3.20
- Lasagne \$4.00
- Mac and Cheese \$4.00
- Spaghetti and Meatballs \$4.00
- Burger and Salad \$4.00
- Hot Chicken Roll \$3.50

Available FRIDAY ONLY

- Cruiser Pie \$3.60
- Party Pie \$1.20
- Sausage Roll \$3.00
- Pizza Single \$3.00
- Sauce Portion \$0.30
- Sushi Chicken, Tuna, Salmon, Veg \$6.00