

Canteen Menu 2020

Open Tuesday & 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 QuickCliq at
www.quickcliq.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, or for a two day a week canteen like ours, only on one of the open days.

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 Zoe at the Canteen.

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

Mundaring Primary School
9295 9500



MUNDARING PS CANTEEN MENU (2020)

Recess Snacks

Available EVERY DAY

- Mini Pizza \$1.00
- Cheesie or Tomato Cheesie or Vegemite Cheesie \$1.00

Available FRIDAY ONLY

- Hash Browns (max 2) \$0.60
- Yummy Drumsticks (max 2) \$1.00

Anytime Snacks

- Apple Slinky \$0.80
- BYO Apple Slinky \$0.10
- Piece of fresh seasonal fruit \$0.80
- Snack Pack (crackers, cheese and carrot) \$0.50
- Pikelets \$0.25
- Fruit cup \$1.00
- Oat Cookies (max 2) \$0.25
- Rice Sticks \$1.00

After lunch snacks

- Quelch \$0.50
- Quelch half \$0.25
- Vanilla Bucket \$1.00
- Billabong \$1.50

LUNCH – Available Every Day

Sandwiches, Rolls, Wraps & Salad Trays

	Sandwiches	roll/wrap
• Vegemite	\$1.50	\$1.70
• Cheese	\$2.50	\$2.70
• Salad	\$2.50	\$2.70
• Cheese and Salad	\$3.00	\$3.20
• Tuna and Salad	\$3.50	\$3.70
• Ham and Salad	\$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
• Tomato and Cheese	\$3.00
• Baked Beans or spaghetti	\$3.00
• Beans/Spaghetti and Cheese	\$3.30
• Vegemite and Cheese	\$2.70
• Vegemite	\$2.00

Salads

	small	large
• Lettuce, carrot, tomato, cucumber, bread, beetroot, olives, cheese	\$3.50	\$5.00
• add ham, chicken or tuna	\$4.50	\$6.00

Lunch – Limited Days

Available TUESDAY ONLY

- Tuna and Rice Box \$3.50
- Veggie Rice Box \$3.50
- Noodle Box \$3.50

Available TUESDAY & FRIDAY

- Sweet Chilli Chicken, mayo and salad wrap or sub \$3.70
- Lasagne \$4.00
- Mac and Cheese \$4.00
- Burger and Salad \$3.80
- Hot Chicken Roll \$3.50

Available FRIDAY ONLY

- Cruiser Pie \$3.00
- Party Pie \$1.00
- Potato Pie \$3.00
- Sausage Roll \$2.50
- Pizza Single \$3.00
- Sauce Portion \$0.30
- Sushi Chicken, Tuna, Salmon, Veggie \$6.00

Drinks

- Juice Bomb (LOL) \$2.50
- Water 600ml \$2.50
- Milk (reduced fat) \$1.30
- Milk with Sippah Straw \$1.50
- 300ml Flavoured Milk \$2.20
- Juice Box \$1.80