Shelley Primary School Canteen
Summer Menu
Term 1 2013

Open 8.30 - 12.50 pm
Monday, Wednesday & Friday
Phone 9354 5213

<table>
<thead>
<tr>
<th>Recess Menu</th>
<th>Price</th>
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<tbody>
<tr>
<td>Milo – hot or cold</td>
<td>$1.00</td>
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<tr>
<td>Cheesie – plain or with sauce</td>
<td>$1.50</td>
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<tr>
<td>Jelly cup</td>
<td>$1.00</td>
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<tr>
<td>Muffin</td>
<td>$0.50</td>
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<tr>
<td>Scone with Jam</td>
<td>$0.50</td>
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<tr>
<td>Popcorn</td>
<td>$0.50</td>
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<tr>
<td>Piece of fruit</td>
<td>$0.60</td>
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</tbody>
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Go for 2 & 5®
FRUIT  VEG
Daily Specials

**Monday**
- Pizza - Hawaiian $2.50
- Hot Chicken Roll $3.50
- Sweet Chilli Chicken Wrap Small $2.50 Large $4.00

**Wednesday**
- Pizza - Vegetarian $2.20
- Chicken burger or veggie patty (in roll with salad & mayo) $4.00
- Nachos (toasted tortilla chips topped with beans, cheese and salsa) $3.00
- Chicken Pie $3.50
- Tomato sauce or chilli sauce $0.30

**Friday**
- Fish burger (with salad & tartare sauce) $4.00
- Beef pie $3.50
- Sausage roll $2.50
- Tomato or sweet chilli sauce $0.30
- Sushi (5 piece pack with soy sauce: tuna, teriyaki chicken, Californian, smoked salmon, vegetable or combo) $4.00

*Note: Sushi must be pre-ordered Monday or Wednesday to be provided on Friday*

**After Sales - lunchtime daily**
- Juice Sticks $0.50
- Vanilla Bucket $1.20
- Paddle Pop $1.20
- Milkshake (in a cup) - 5 flavours available $1.50
### Sandwiches, rolls and wraps

**Sandwiches:**
- Chicken, Tuna or Veggie Pattie $2.50
- Ham or Cheese or Egg $2.10
- Vegemite $1.20

**(rolls and wraps - add extra 50c)**

**Extras**
- Salad (lettuce, tomato, cucumber, carrot) $0.50
- Mayonnaise $0.30
- Beetroot $0.30
- Cheese $0.30

### Hot Meals

- Lasagne $4.00
- Spaghetti Bolognaise $4.00
- Macaroni Cheese $4.00
- Curry Chicken & Rice $4.00
- Teriyaki chicken & noodles $4.00
- Fried Rice $3.50
- Garlic Bread $1.00

### Drinks (check at canteen for available flavours)

- Plain milk (hilo) $1.20
- Flavoured milk (Chill) $1.80
- Juice box $1.20
- Water $1.00
- LOL sparkling juice $1.80
- Play Sportswater $1.80

### Salad Trays – fresh and delicious

- Crisp lettuce, fresh tomato, grated carrot and other seasonal salad vegetables served with a slice of buttered bread $2.00
- Add chicken, ham, tuna or egg for an extra $1.00
- Add cheese $0.50
- Add Vegetable Pattie $2.00
  - Sweet chilli sauce available for extra 30c

### Toasted Sandwiches – warm and tasty

- Cheese $2.20
- Ham and Cheese $2.50
- Ham, Cheese and Pineapple $2.80

### Homemade Pizza Pockets – tortilla filled and toasted

- Ham, Cheese and Salsa $2.50
- Chicken, spring onion, cheese and salsa $3.00
- Baked beans and cheese $3.00
Our canteen complies with the Department of Education & Training Healthy Food and Drink policy implemented in March 2008. The menu exceeds the minimum standards set by the “Traffic Light” healthy eating strategy implemented in 2007 by the WA Government for all public primary and high schools.

The Parents & Citizens Association operates the canteen and aims to provide healthy lunches and snacks at sensible prices. A small profit is made, which is used by the P&C for the benefit of the students. Volunteers assist the managers in the canteen and as such help is needed and appreciated from parents (or grandparents, aunts, uncles etc) who are willing to donate their time for canteen duty. Canteen duty is a great way to meet other parents within the school community and the children always love having you there. If you wish to become a canteen volunteer simply come to the canteen to find out what is involved.

Ordering:
The canteen operates **Monday, Wednesday and Fridays only**. Orders should be placed by 8.45 am. Printed lunch bags are to be used - and these are available from the canteen at a cost of **$1.00 for 25 bags**.
Purchases can be made at morning recess or between 12.15 and 12.30 pm.

To ensure your child receives their choice of recess items (and to avoid disappointment), pre-ordering is advised using the printed lunch order bags. Alternatively, you/your child can pre-order recess items in person at the canteen before 8.45am. This helps us in planning the baking and preparation for the day. Recess items are not available for Kindy or Pre-Primary children, as they do not come up to the canteen area.

To help the canteen volunteers – please follow these instructions when ordering:
✓ Please ensure student’s name and room number are on lunch bag
✓ Mark food items required at recess e.g. muffins or jelly cups which are available at both recess and lunch
✓ Ensure that daily specials are followed. We don’t like to disappoint our customers, but we can only supply these on the days shown on the menu. Please ensure you are using the current menu.
✓ Parents – please keep an eye on your children’s orders to help ensure these requests are followed. This makes the operation of the canteen much smoother and helps to encourage our volunteers to keep coming back! Thank you for your assistance.

Remember:
👍 Green food items = good food choice
😊 Amber food items = select carefully/occasionally (shown in bold)
😭 Red food items = high in fat, salt and added sugar - **not available at canteen**