



The HUNGRY Caterpillar MENU

ORDERING OPTIONS

- 1: In person at Canteen from 8.15am
- 2: Online via www.quickcliq.com.au

All orders must be placed prior to 8.45am on the day required.

Our school canteen uses a traffic light system to label foods according to their nutritional value and provide a simple visual guide to healthy eating. It's designed to help schools plan menus that promote nutritious foods and drinks and has proven effective in helping consumers make informed choices. More broadly, the program is intended to improve the health of students in Western Australia.

The new standard require that foods in the **GREEN** category are encouraged. Canteens should aim to fill their menus with these healthy foods. **AMBER** foods should be selected carefully and eaten in moderation and **RED** foods and drinks are off the menu and will not be available in schools. Our menu at the canteen is coded to help you make a better decision.



R Red foods and drinks are off the menu

A Amber foods/drinks in moderation

G Green foods/drinks are encouraged

EVERYDAY MENU

**GLUTEN FREE, MULTI-GRAIN,
WHITE HIGH FIBRE BREADS
AVAILABLE**

	SANDWICHES	ROLLS
A Jam	2.00	2.50
G Chicken	4.00	5.00
G Chicken/Salad	5.00	6.00
A Vegemite	2.00	2.50
A Vegemite/Cheese	3.00	4.00
A Tuna/Salad	5.00	6.00
A Ham/Salad	5.00	6.00
G Egg (curried/plain)	4.00	5.00
G Egg/Salad	5.00	6.00
G Salad	4.00	5.00
G Cheese (low fat)	3.00	4.00
A Ham	3.00	4.00
A Ham/cheese	4.00	5.00
A Ham/cheese/Tom	4.50	5.50

	WRAPS	WORKS
G Salad	4.50	5.50
A Ham and Salad	5.00	6.00
G Chicken and Salad	5.50	6.50

Sandwiches and Rolls, salad consists of cucumber carrot, tomato, lettuce, cheese and mayo

Extra salad or filling (the works) 1.00

Avocado, beetroot, red onion & mayo

TOASTED SANDWICH

G Vegemite	3.00
G Vegemite and Cheese	3.50
G Baked Beans	3.50
G Ham	3.50
A Ham/Cheese	4.00
A Ham/Cheese/Tomato	4.50
G Cheese	3.00
G Cheese/Tomato	3.50
G Chicken	4.50
G Chicken/Cheese	4.50
G Chicken/cheese/mayo	5.00

HOT ROLLS

G Hot Chicken Roll	5.00
G Hot Chicken/Mayo Roll	5.50
G Hot Chicken/Cheese Roll	5.50
G Hot Chicken/Cheese/Mayo Roll	6.00

SALAD BOXES

G Salad	5.00
G Ham/Salad	6.00
G Chicken/Salad	6.00
G Egg/Salad	6.00
G Tuna/ Salad	6.00
G Boiled Egg (free range)	1.00

Salad box consists of:

*Lettuce, Cucumber, Carrot, Capsicum,
Tomato, Cheese, Beetroot, Celery,
Gherkin, Pineapple
& Orange*

SPECIALS

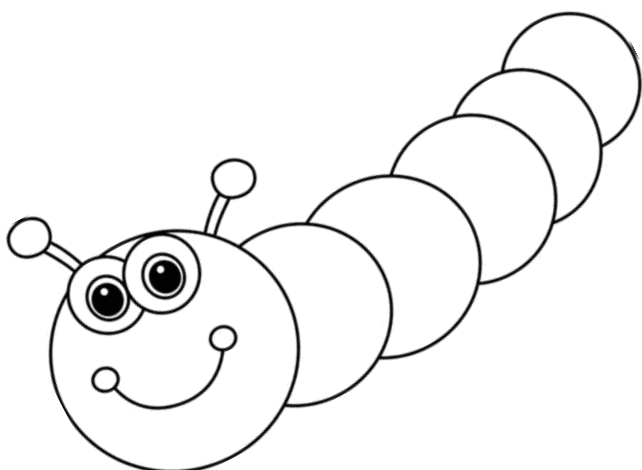
Thursday

A Hot Dog \$4.00

Friday

A Pizza Rounder	4.00
A Party Pies	1.00
A Large Pies	4.00
A Sausage Roll	4.00
A Chicken Nuggets	.50
A Yummy Drummies	1.50

ALL ITEMS OVEN BAKED



(Monday - Friday)

HOT FOODS

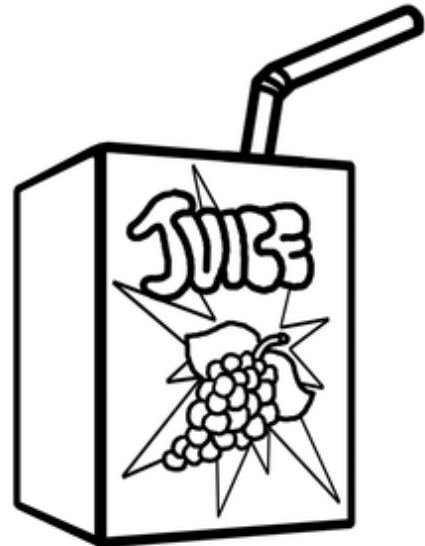
- A Chicken Wrap
Crumbed Chicken tenders with
lettuce, cheese
and mayo 5.00
- A Chicken Burger
Crumbed Chicken tenders, mayo,
Lettuce, cheese,
sandwich/roll 5.00
- G Beef Burger
Beef patty, lettuce, and
Cheese and tomato sauce 5.00
- G Stuffed Potato
With Cheese (low fat) 4.50
Loaded (with nacho mince &
Cheese) 5.50
- A Ham and cheese 5.50
- A Pizza Sub (homemade)
(cheese) 3.50
(ham & cheese) 4.00
(ham, cheese & pineapple) 4.50
- G Homemade Loaded Nachos 5.00

PASTA

- G Macaroni Cheese 5.00
- G Lasagne 5.00
- G Spaghetti & Meatballs 5.00

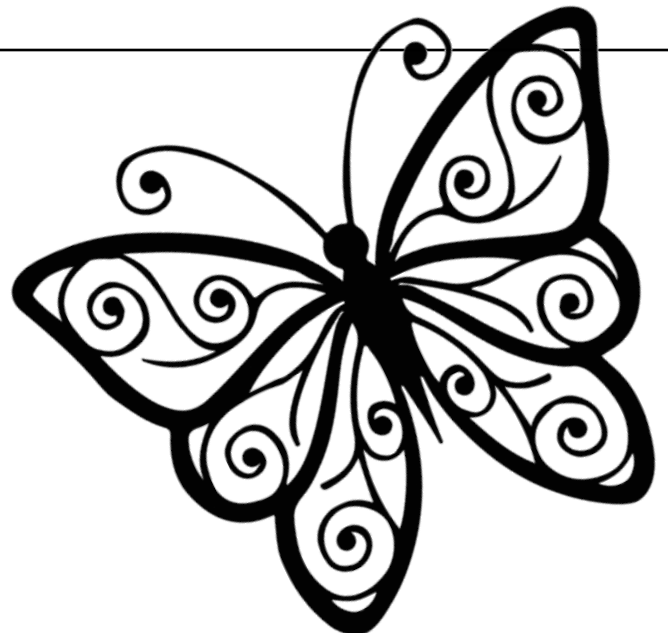
DRINKS

- G Choc Milk 250ml 2.50
- G Strawberry Milk 250ml 2.50
- G Water 600ml 2.00
- A Just Juice Fruit Box 250ml 1.50
*Apple,
Apple & Black Currant,
Paradise Punch,
Orange*
- A 100% Berri Juice POP TOPS 2.50
*Apple
Apple & Black Currant,
Orange*



EXTRAS

- Tomato Sauce .50
- Mayo .50
- Vinaigrette .50



RECESS

G	Cheesies (low fat)	1.00
G	Muffins Homemade	1.00
G	Jelly Lite	1.00
G	Yoghurt	1.50
G	Baked Bean Cheesie	1.50
A	Tin Spaghetti Cheesie	1.50
G	Fruit cups	1.00
A	Hash Browns (oven baked)	1.00

A Selection of the following will be available for purchase subject to availability Popcorn, pikelets healthy crisps and biscuits

Icy Poles

Available for purchase at lunch time, from the canteen

G	Zuper Duper	.50	A	Calippo	\$1.00
G	Berri- 99%, fruit juice icypole	.50	A	Icy Twists	\$1.00
A	Bulla Lite Vanilla icecream	1.50			
G	Slushies	2.00			

Your bag needs your name and room number.

Please make sure that you have a separate bag completed for your drinks

Example Lunch Bag

NAME: *Anne Smith*
ROOM NUMBER: *14* (numerical only not initial)

HEALTH REGULATION

Food brought from home **will not** be heated in the canteen.

CANTEEN STAFF

Marcelle Caputo & Kristy Reilly

90920900