

This Menu has been compiled by Sabrina Guppy, Canteen Manager, and is consistent with the Federal Government's Traffic Light Programme.

Green Products are an every day choice. They are healthy, nutritious and important in growth and development. The menu is to be mainly green choices.



Amber Products can be selected but are not to be an everyday choice. These products are slightly higher in sugar/salt but still offer a lower fat option.

Red Products are not to be served on the menu. These foods provide higher levels of fats/sugars/salts not recommended for children.

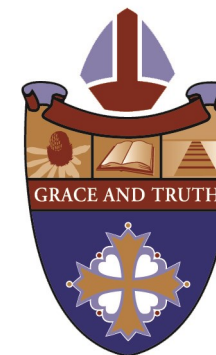
Please come and speak with me if you have any questions or require further information.

INSTRUCTIONS FOR ORDERING

- Lunch Order bags are available from the PCACS Canteen or Reception. There is no charge for these bags.
- Ensure your child's name, class year and order is marked clearly on the bag.
- Please use separate lunch bags for each family member.
- Recess orders are to be written on a separate bag please.
- Please do not use staples or cello tape to seal your bags.
- Orders from Year 1 to Year 6 to be placed in their own classroom lunch basket.
- Senior Orders are to be placed in the drop box at the front of the Canteen

ON LINE ORDERING

Please go to our web page at www.pcacs.wa.edu.au and click on Online Canteen Orders under the Quick Links section.



PETER CARNLEY

ANGLICAN COMMUNITY SCHOOL

School Canteen Menu

Term 2 and 3, 2017

Open Monday to Friday

From 8:30am

Lunch Orders must be in by 9:00am

VOLUNTEERS ARE VERY WELCOME!

Canteen Manager: Sabrina Guppy (Monday-Friday)

Canteen Assistant: Kerrie Hague (Monday, Wednesday and Friday)

Canteen Direct Line: 9411 4818

sguppy@pcacs.wa.edu.au

\$5.00 Daily Homemade Lunch Specials OR add 225ml Hilo Milk & a piece of fruit for \$6.50

| | | | | |
|---|---|--|---|---|
| Mighty Monday Butter Chicken and Rice | Terrific Tuesday Stuffed Potatoes With bacon and cheese (spring onion optional) | Wicked Wednesday Quesadillas (Chicken, cheese and nacho sauce) (vegetarian option: Spinach, cheese, tomato, capsicum and nacho sauce—red onion optional) | Tasty Thursday Lasagne and Garlic Bread | Fantastic Friday Tempura Fish Fillet and wedges |
|---|---|--|---|---|

EVERY DAY LUNCH

Sandwiches Rolls & Wraps (made with fibre white or wholemeal bread)

| TYPE | SANDWICH | ROLL | WRAP |
|--------------------|----------|--------|--------|
| Vegemite | \$1.50 | \$2.00 | |
| Egg, Mayo, curried | \$2.50 | \$3.00 | \$3.50 |
| Salad | \$2.50 | \$3.00 | \$3.50 |
| Cheese | \$2.50 | \$3.00 | \$3.50 |
| Chicken, Turkey, | \$3.00 | \$3.50 | \$4.00 |

Ham or Tuna

ADD

| | |
|---|--------|
| Salad (Lettuce, Cucumber, Tomato & Carrot) | \$1.00 |
| Cheese or Egg | .50c |
| Beetroot or Salad item | .20c |
| Mayo, Sweet Chilli Sauce, mustard or sweet mustard pickle | .20c |
| Vegemite | .10c |

TOASTED SANDWICH

1 Filling: \$3.00 2 Filling: \$3.50 3 Filling: \$4.00

SALAD BOX

| | |
|---|--------|
| Mixed Salad | \$4.00 |
| Mixed Salad with Chicken, Turkey, Ham or Tuna | \$5.00 |

HOT FOOD

| | |
|---|--------|
| Chicken, Fish or Beef Burger & Salad | \$4.50 |
| Corn on the cob | \$1.00 |
| Chicken Strip (Oven baked chicken breast) | \$1.50 |
| Chicken Cheese & Pineapple Roll | \$4.50 |
| Hot Chicken & Mayo or Gravy Roll | \$4.50 |
| Hot Beef & Gravy Roll | \$4.50 |
| Hot Ham & Cheese Roll | \$4.50 |
| Homemade Pasta Bolognese or Cottage Pie | \$4.50 |
| Macaroni Cheese | \$4.50 |
| Spicy Chicken Wrap | \$4.50 |

PIZZAS

| | |
|-------------------------|--------|
| Ham and Pineapple Pizza | \$3.50 |
| BBQ Meatlovers Pizza | \$3.50 |
| Vegetarian Pizza | \$3.50 |
| Supreme Pizza | \$3.50 |

MONDAY & FRIDAY ONLY

These items are AMBER

| | |
|--------------------------|--------|
| Wedges | \$3.50 |
| Hot Dog with Sauce | \$3.50 |
| Meat & Potato Pie | \$4.00 |
| Beef & Cheese Pie | \$4.00 |
| Pepper Steak Pie | \$4.00 |
| Sausage Roll | \$3.00 |
| Gluten Free Sausage Roll | \$3.50 |
| Quiche—Lorraine (Bacon) | \$3.50 |
| Quiche—Spinach and Feta | \$3.50 |
| Party Pie | \$1.30 |
| Corn Nachos | \$4.00 |
| Tomato Sauce Sachet | .30c |

Sushi - Available Wednesday, Thursday & Friday

Combo: 3 pieces of Sushi, Juice Box & a piece of Fruit - \$6.00

Or

5 pieces of Sushi - \$5.00

Tuna or Teriyaki Chicken Sushi available

Sushi is not available in the first and last weeks of term

SIMPLY SNACKS

MORNING RECESS

| | |
|-------------------------------|--------|
| Mini Pizza Cheesy | \$1.20 |
| Cheesy | \$1.00 |
| Pikelets | .30c |
| Melon Wedge or Piece of Fruit | .50c |
| Fresh Fruit Salad Cup | \$1.00 |

AFTER LUNCH

| | |
|--------------------------------|--------|
| Veggie Chips | \$1.30 |
| Jelly with Fruit | \$1.00 |
| Melon Wedge or Fruit | .50c |
| Fresh Fruit Salad Box | \$1.00 |
| Fruity Icy Poles | .60c |
| Ice Creams | \$1.50 |
| Lite Ice Creams Tubs | \$1.50 |
| Yogo | \$2.00 |
| Low Fat Yoghurt Ice Cream Tubs | \$1.50 |
| Snaps | \$1.50 |

DRINKS

| | |
|-------------------------------|---------------|
| Hilo Milk 225ml | \$1.50 |
| Chill Milk 300ml/600ml | \$2.50/\$4.00 |
| Water 350ml/600ml | \$1.00/\$2.00 |
| 99.9% Orange Juice | \$2.50 |
| Apple & Blackcurrant Juice | \$2.50 |
| Apple Juice 250ml | \$2.50 |
| Fresh Fruit Slushie | \$2.00 |
| Harvey Fresh Juice | \$1.50 |
| Juice Bomb—Apple Blackcurrant | \$2.50 |
| Juice Bomb—Apple Raspberry | \$2.50 |
| Juice Bomb—Vanilla Lime | \$2.50 |
| Up & Go | \$2.00 |