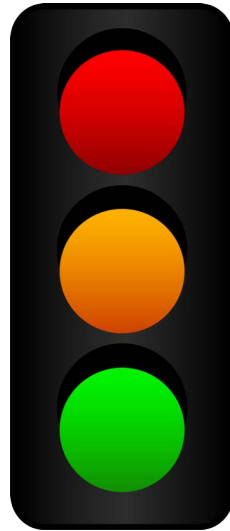


THIS MENU HAS BEEN COMPILED BY SABRINA GUPPY, CANTEEN MANAGER, AND IS CONSISTENT WITH THE FEDERAL GOVERNMENT'S TRAFFIC LIGHT PROGRAMME.



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

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.

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.

Please visit the Canteen if you have any questions or require further information.

INSTRUCTIONS FOR ORDERING

- Calista Campus - recess and lunch orders are not available.
- Year 2 students are not permitted to visit the Canteen, therefore they are unable to order recess, or slushie drinks and icecreams.
- Years 3 -12: Slushie drinks must be collected from the Canteen. They are not sent to class as part of your lunch order.
- Orders for Year 2 to Year 6 are to be placed in their classroom lunch basket.
- Senior School Orders are to be placed in the drop box at the front of the Canteen.
- 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 cellotape to seal your lunch order bags.

ONLINE ORDERING

Please go to our web page at www.pcacs.wa.edu.au and click on Online Canteen Orders under the Quick Links section. This service is only available for Wellard campus students.



PETER CARNLEY
ANGLICAN COMMUNITY SCHOOL

SCHOOL CANTEEN MENU **TERM 4, 2017**

Open Monday to Friday
From 8.30am

Recess orders must be in by 9.00am

Lunch Orders must be in by 10.00am

VOLUNTEERS ARE VERY WELCOME!

Canteen Manager: Sabrina Guppy (Monday - Friday)

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

Canteen Direct Line: 9411 4818

canteen@pcacs.wa.edu.au

\$5.00 DAILY HOMEMADE LUNCH SPECIALS OR ADD 225ML HILO MILK & A PIECE OF FRUIT FOR \$6.50



MIGHTY MONDAY BLT with Mayo (Roll)	TERRIFIC TUESDAY Mediterranean Focaccia (Ham, Cheese, spinach, roast pumpkin, marinated capsicum and mushrooms) (Vegetarian option: minus ham)	WICKED WEDNESDAY Chicken Caesar Salad or Wrap	TASTY THURSDAY Mexican Mince and Salad Boats	FANTASTIC FRIDAY Fish Nuggets and Salad
--	---	---	--	---

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, Ham or Tuna	\$3.00	\$3.50	\$4.00

ADD

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

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

Crumbed Chicken breast fingers & Salad	\$4.50
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
Filled Potato Skins (\$2.50 for 1 OR \$4.50 for 2)	
Chicken, Cheese and Nacho	
Baked Bean & Cheese (v)	.
Bacon & Cheese	
Sour cream (optional)	.30c

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	.50c
Warm Apple Crumble	\$3.50

SUSHI - AVAILABLE WED, THURS & FRI

Combo: 3 pieces of Sushi, Juice Box

and 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

Weet-Bix Go's (minis)- Vanilla, Berry, Banana & Honey	\$1.50
Hash Brown Rounds	.50c
Muffins - (Rasberry, Apple & Cinnamon, Blueberry, Banana)	\$2.50
Cakes - Orange & Poppy Seed	\$1.50
Chololate Cake	\$2.50
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

Vegie Chips	\$1.50
Snaps	\$2.00
Jelly with Fruit	\$1.00
Melon Wedge or Fruit	.50c
Lemonade Icy Twists	\$1.50
Fruity Icy Poles	.80c
Paddlepops—assort flavours	\$2.00
Lite Ice Cream Tub - Vanilla	\$1.50
Yogo	\$2.00
Calippo	\$1.50
Froyo (Frozen Yoghurt) assort flavours	\$2.50sml \$3.00 lge

DRINKS

Hilo Milk 225ml	\$2.00
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
Glee (Juice Bubbles) - Blackcurrant, Raspberry, Tropical	\$2.50
Juice Bomb—Vanilla Lime , Apple Cola	\$2.50
Up & Go	\$2.00