ST JOSEPH’S SCHOOL
PINJARRA
TUCKSHOP
MENU
2014

LUNCH & RECESS
MONDAY & FRIDAY

PRE-PRIMARY  ROOM 3  Mrs Gorman & Mrs Lenzarini
YEAR 1  ROOM 2  Mrs Cadwell
YEAR 2  ROOM 1  Miss Correia
YEAR 3  ROOM 5  Miss Connelly & Mrs Poasa
YEAR 4  ROOM 7  Miss Nolan
YEAR 5  ROOM 8  Mrs Lee
YEAR 6/7  ROOM 9  Mrs Ripley

CANTEEN MANAGERESS:  MRS SUE LEADER

Updated 21/02/2014
2014 MENU

(EGG & PEANUT BUTTER NOT AVAILABLE)

RECESS (MONDAY & FRIDAY)
Small Roll Vegemite .50 cents
Cakes / Biscuits / Slices / Muffins .80 cents
Licorice .10 - 20 cents
Cheezies $1.00

LUNCH (MONDAY & FRIDAY)
Pies $3.50
Potato Pies $3.50
Pasties $3.50
Party Pies $1.40
Sausage Roll $2.80
Lasagna or Spaghetti $4.00
Italian Chicken and Pasta $4.50
Pizza (Ham & Pineapple) $3.00
2 Minute Noodles Beef or Chicken $2.40
Cheezies (2 halves) $2.00
Salad Plates (Plain) $4.60
(With Ham) $5.60

SANDWICHES, ROLLS & WRAPS

<table>
<thead>
<tr>
<th></th>
<th>Sandwich</th>
<th>Roll</th>
<th>Wrap</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegemite</td>
<td>$1.80</td>
<td>$2.50</td>
<td></td>
</tr>
<tr>
<td>Ham or Cheese</td>
<td>$3.00</td>
<td>$3.50</td>
<td></td>
</tr>
<tr>
<td>(with salad)</td>
<td>$3.50</td>
<td>$3.80</td>
<td>$4.50</td>
</tr>
<tr>
<td>Salad</td>
<td>$3.00</td>
<td>$3.40</td>
<td>$4.00</td>
</tr>
<tr>
<td>Chicken</td>
<td>$3.50</td>
<td>$4.00</td>
<td></td>
</tr>
<tr>
<td>(with salad)</td>
<td>$4.20</td>
<td>$4.60</td>
<td>$5.20</td>
</tr>
</tbody>
</table>
Place money in paper lunch bag with the order
Write child’s school year on bag
Please DO NOT use envelopes, staples, sticky tape or plastic bags

TOASTED SANDWICHES
Single Fillings $3.00
An Extra 50 cents for each added filling
Chicken & Cheese $4.00
Ham, Cheese & Pineapple $4.00

DRINKS (Available recess and lunch)
Fruit Juices Orange C 300ml $1.80
Apple (250ml) $1.80
Flavoured Milks 300ml
Choc – Banana – Berry $2.20
Flavoured Play Water 350ml
L’ade, Bl’currant, Raspberry, Fruit Tingle $2.40
Spring Water $1.80

ICECREAMS
Available Lunchtime Only
Various .50 cents to $2.00

LUNCHBAGS (From tuckshop) .10 each
(or Families can purchase their own paper bags from the supermarket)

MONDAY SPECIALS
Hot Chicken Roll $4.20
Hotdog $3.00

FRIDAY SPECIALS
Stuffed Potatoes $3.50
Hamburgers (plain) $4.20
(salad) $4.80
Ideas for a Healthy School Lunch

Start by choosing a variety of foods using the Healthy Eating Pyramid as a guide. This will ensure that your child is receiving adequate nutrition during the day.

Don’t forget to include mainly breads and cereals (bread, rice, pasta etc), fruit and vegetables and moderate amounts of dairy and meat or meat alternatives.

Bread is the most common lunch food for kids. A range of breads such as sliced bread (white, white high fibre, wholemeal, multigrain, rye); pita bread; kebab bread; bread rolls; and English muffins. Use a variety of fillings to keep children interested.

The dairy products are particularly important, watch that your children are not replacing milk with juice all the time. Encourage children to drink water throughout the day.

Save sweet and fatty treats for special occasions. In most children’s lives there are more than enough birthdays, holidays and other special occasions.

Choose healthy snack food options including cheese sticks, canned or fresh fruit, rice cakes, pikelets etc.

Don’t forget water is an ideal drink for children.