



ST PATRICK'S PRIMARY SCHOOL

SCHOOL CANTEEN MENU

TERM 2 & 3, 2017

OPEN EVERY WEDNESDAY AND FRIDAY

TRAFFIC LIGHT POLICY

At St Patrick's Primary School, the canteen adheres to the principles of the Star Choice Policy and the Traffic Light System. These guidelines are the minimum standards introduced through the State Government. The Catholic Education Commission has also issued a Healthy Food and Drink Policy to which all Catholic schools must adhere.

Green: These are everyday choices such as fruit, vegetables, breads and cereal foods, reduced fat dairy products, lean meats, water and small fruit juices.

Amber: These are limited choices such as full fat dairy foods, hotdogs made using registered frankfurts, sausages, registered hamburger patties, registered ice cream/icy poles and cakes/biscuits or muffins.

Red: Off the menu and not available items such as full fat pastry items, deep fried, sweet sandwich fillings including jam, nut spreads, honey, etc, high fat foods such as salami and polony, soft drinks, chocolate confectionery, sweet pastries. All highly processed items are not permitted.

BIRTHDAY ORDERS

It is common practice for families to provide a treat on their child's birthday. If you wish to give out an icy pole in the warmer months, we request that they be ordered through the canteen with a minimum one week's notice provided. This passes on savings to parents and our canteen benefits from the business as well.

Term 2 & 3 - Winter Menu

RECESS

PIKELET BAKED FRESH BY JAN	\$0.20
CHEESIE WHOLEMEAL ROLL WITH MELTED CHEESE	\$1.20
POTATO GEMS (BAG OF 10)	\$2.00*
MUFFIN, CAKE OR COOKIES FROM BAKED FRESH BY JAN	\$0.80
BACON & EGG MUFFIN SHORTCUT BACON WITH A FREE RANGE EGG, BAKED FRESH IN A MUFFIN TIN BY JAN.	\$3.00
FRESH FRUIT	\$1.00

SANDWICHES / WRAPS

TOASTED SANDWICHES (FRESH AVAILABLE UPON REQUEST)	
HAM OR CHEESE	\$3.00
HAM & CHEESE	\$3.50
HAM, CHEESE AND TOMATO	\$4.00
CHICKEN	\$4.00

TOASTED WRAPS (FRESH AVAILABLE UPON REQUEST)

HAM OR CHEESE	\$4.00
HAM & CHEESE	\$4.50
HAM, CHEESE AND TOMATO	\$5.00

* SANDWICHES & WRAPS ARE MADE FRESH TO ORDER WITH BUTTER.

*GLUTEN FREE BREAD IS AVAILABLE

HOT LUNCHES

SOUP (MINESTRONE) & ROLL TOMATO BASED SOUP, PASTA & VEGE COOKED BY JAN	\$5.00
SOUP (CHICKEN & CORN) & ROLL CHICKEN STOCK, CHICKEN & CORN COOKED BY JAN	\$5.00
PASTA NAPOLITANA (GF AVAILABLE) COOKED BY JAN	\$5.00
SHEPHERDS PIE BEEF MINCE & VEGETABLES COOKED BY JAN	\$5.00
PIZZA—HAM & CHEESE FOCACCIA PIZZA	\$4.00
CRUIZER PIE (180GM)	\$3.50*
GLUTEN FREE PIE (175GM)	\$4.00*
SAUSAGE ROLL (120GM)	\$3.20*
GLUTEN FREE SAUSAGE ROLL (140GM)	\$3.50*
VEGETARIAN PASTY	\$3.50*
EXTRA TOMATO SAUCE	\$0.30

LUNCH TREATS

A SMALL SELECTION OF ICE CREAMS AND ICY

Items with an asterix () have GST included in the price.*

DRINKS

CHOC MILK (300ML)	\$2.50*
PLAIN MILK (300ML)	\$1.50
WATER (600ML)	\$1.50



SPECIAL INFORMATION

The St Patrick's Canteen is open on Wednesday and Friday.

Our canteen uses an online system for lunch orders. Please go to www.QuickCliq.com.au to create an account and follow the instructions on how to order your child's lunch. Your child will need to bring money if they would like to purchase an item for recess.

Although our preference is online ordering, we do have bags available in the Canteen and Administration should you wish to order with cash.

ALL FOOD ALLERGIES

Please indicate clearly, all foods to avoid on your child's lunch order.

VOLUNTEERS

Parents, why not volunteer to help out in the canteen once or twice a term? You do not need to stay all day, any time you can spare will be very much appreciated by our Canteen Manager, Jan Miller.

While on canteen duty, please wear closed in shoes. Also shirts or dresses worn need to have sleeves.

If you are able to volunteer, please leave your