

Recess

**** Not all items available everyday ****

(Hot recess items can't be ordered for lunch)

Apple Slinky/Fruit	\$0.60	G
Pikelet	\$0.10	G
Jelly Cup	\$0.50	G
Carrot Stick	\$0.05	G
Yoghurt	\$2.00	G
Popcorn	\$0.20	G
Vegemite & Cheese Scrolls	\$0.20	G
Fresh Fruit Salad	\$2.00	G
Fruit Muffins	\$0.50	G
Choc Yogo	\$2.00	G
Ham & Cheese Cheesie	\$1.00	G
Baked Bean Cheesie	\$1.00	G
Potato Gems (6) Mon/Fri	\$0.50	A
Plain Chicken Strip Mon/Fri	\$1.20	A
Chilli Chicken Strip Mon/Fri	\$1.20	A
Noodles	\$0.50	A
Puppy Dogs (Tues only)	\$1.00	A

DRINKS

Plain Milk	\$1.30	G
Plain Milk & Sippah Straw	\$1.80	G
Chill Milk – (Choc/Straw/Banana/Choc mint)	\$2.00	G
Frozen Flavoured Milk (Choc/Strawberry)	\$2.10	G
Hot/Cold Milo	\$1.50	G
Water	\$1.50	G

Golden Circle Popper 100% 250ml

Apple & Blackcurrant	\$1.50	A
Tropical	\$1.50	A
Apple	\$1.50	A
Orange	\$1.50	A

LOL

Apple/blackcurrant	\$2.00	A
Tropical	\$2.00	A
Raspberry	\$2.00	A

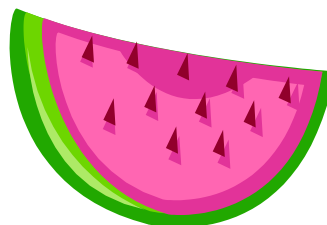
Volunteer helpers sought

Do you have a few hours to spare each month?

If so, and you are willing to assist in the canteen as a volunteer helper, please pop into the canteen or phone and speak to either Carolyn White or Jo Messom.

Canteen work is voluntary and we ensure a happy working environment, with lunch provided.

Please ensure you wear enclosed, flat, comfortable footwear in line with health regulations.



=G, Healthy meal option

Thank you

A sincere thank you to the dedicated group of volunteer canteen helpers for their continued assistance and support

Projects Officer/Nutritionist –

Western Australian School Canteen Association Inc

It is lovely to see so many green choices, including numerous recess choices, small 100% juices, milks, water and a wide variety of sandwich wraps.

Joondalup Primary School P&C Association The Munch Box



Summer Menu

Term 4 2016 & Term 1 2017

The aim of the canteen is to provide an enjoyable, nutritious and attractively presented selection of food and drink at reasonable prices. It's purpose is to demonstrate to students and parents the value placed on healthy eating practices.

Canteen Manager Carolyn White 93003892

Canteen Assistant Jo Messom

Daily Special

Monday *Pastries as below

Hot Diggity Dog & Sauce \$3.50 A

Tuesday

Nachos topped with salsa and cheese \$3.50 A

Wednesday

Chicken Strips (4) and Gems (6)*GF option \$3.50 A

Thursday

🤔 Plain Chicken Strip, lettuce & mayo wrap \$4.00 G

Friday *Pastries as below

🤔 Chicken slider *GF option \$4.00 G

Served with lettuce, carrot, tomato and mayo

🤔 Why not make any of the above into a healthy choice meal deal just by adding one of the 3 following snacks plus one of the 3 drinks for only \$2.50 extra

Small salad cup
Fresh fruit salad cup
Apple slinky

Chill milk
Milk & Sippah
Water bottle

Pastries **Monday & Friday ONLY**

Sausage Roll \$2.50 A
Party Pie \$1.20 A
Meat Pie \$3.50 A
Gluten Free meat pie \$4.00 A
Sauce \$0.30 A

Everyday Lunches

🤔 Hot Chicken & Mayo Roll \$3.50 G
 🤔 Hot Chicken & Cheese Roll \$4.00 G
 🤔 Hot Ham & Cheese Roll (GF) \$3.50 G
 🤔 Ham & Cheese Pizza/Vegetarian \$3.50 G
 🤔 Corn Cobette \$1.50 G
 🤔 Caesar Salad Chicken Wrap \$5.50 G
 🤔 Boiled egg \$0.50 G
 🤔 Sushi 4 piece Teriyaki Chicken (GF) or Tuna \$4.50 G
 🤔 Fresh Fruit Salad \$2.00 G
 🤔 Quiche & Salad \$5.00 G
 Bolognaise nacho Dippers \$4.50 A

***** Where Gluten free bread/roll options are available please add 50c for bread and \$1.00 for a roll .Please note on lunch bags of the GF option and or allergies.*****

🤔 =G, Healthy meal option

Various Ice- Creams \$0.10 - \$2.00 A

* Only available after Lunch Siren *

Lunch Bags

Pack of 8 \$0.50

If your child has an allergy/special diet that prevents them from ordering from The Munch Box please contact Carolyn or Jo to see if the canteen can assist with an alternate product

The canteen now has Eftpos facilities

Our preferred method of ordering is online

www.ouronlinecanteen.com.au

* Munch Box Lunches	Sandwich	Roll	Toasted	½ Wrap Served with salad	Whole Wrap Served with Salad	Salad Tray- served with Buttered Bread & Fruit
🤔 YOUR WAY!						
Ham GF	2.70	3.00	+50c	3.70	5.00	5.00
Tuna GF	2.70	3.00	+50c	3.70	5.00	5.00
Cheese GF	2.70	3.00	+50c	3.70	5.00	5.00
Egg GF	2.70	3.00	+50c	3.70	5.00	5.00
Chicken	2.70	3.00	+50c	3.70	5.00	5.00
Vegetemite	1.70	2.00	+50c	/	/	/
Baked Beans			3.50	/	/	/

Bread 2 slices \$0.50 Roll \$1.00 GF bread 2 slices \$1.00 GF roll \$ 1.50

* Salad includes – Lettuce, Carrot, Cucumber & Tomato*

Garden salad tray as above \$4.50

** Wholemeal bread used unless white is requested **

EXTRAS

Egg	\$0.50	Beetroot	\$0.30	Tomato	\$0.30
Cheese	\$0.50	Salad	\$1.00	Carrot	\$0.30
Pineapple	\$0.50	Lettuce	\$0.30	Cucumber	\$0.30
Sauce	\$0.30	Avocado	\$0.60	Mayonnaise	\$0.30
Salad Dressing	\$0.30				