This menu complies with the Traffic Light Healthy, Food and Drink policy achieving 60% items that are GREEN. Further information can be found on www.det.wa.edu.au

Online Ordering & Support
- To set up your account visit www.ouronlinecanteen.com.au
- All lunch orders must be completed online by 9am on the day
- Any queries call our Online Help Coordinator Melissa on 1300 484 888
- Orders not received – every child will be given a meal on the day
- Canteen is closed before school & recess
- Lunch time sales of ice-creams, icy-poles & drinks
- The menu may change online without notice

Volunteers Needed
We always need more parent assistance, please consider volunteering. If you would like to volunteer please email the Canteen Manager Jo Court cafeteri@corpus.wa.edu.au

ALL FOOD ALLERGIES & INTOLERENCES
Please indicate clearly all foods to avoid on your child’s lunch order.
AVAILABLE DAILY

SANDWICHES (G)
All sandwiches are made with ‘Tip Top the One’, Wholemeal Bread or Rolls

<table>
<thead>
<tr>
<th></th>
<th>BREAD</th>
<th>WRAPS/ ROLLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 MEAT</td>
<td>2.50</td>
<td>3.00</td>
</tr>
<tr>
<td>Choose from:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken, Ham,</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna, Egg or</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 MEAT &amp; SALAD</td>
<td>3.00</td>
<td>3.50</td>
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<tr>
<td>Choose from:</td>
<td></td>
<td></td>
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<tr>
<td>Chicken, Ham,</td>
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<tr>
<td>Tuna, Egg or</td>
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<tr>
<td>Cheese</td>
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<td></td>
</tr>
<tr>
<td>SALAD - 4 different Vegies</td>
<td>2.50</td>
<td>3.00</td>
</tr>
<tr>
<td>Ham or Chicken</td>
<td>3.00</td>
<td>3.50</td>
</tr>
<tr>
<td>&amp; Cheese</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 FILLING</td>
<td>2.00</td>
<td>2.50</td>
</tr>
<tr>
<td>Choose from:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baked Beans,</td>
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<tr>
<td>Tinned</td>
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<tr>
<td>Spaghetti or</td>
<td></td>
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<tr>
<td>Vegemite</td>
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<tr>
<td><strong>Toasted 50c Extra</strong></td>
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</tbody>
</table>

Picnic Box
- Small Cheddar-mite scroll, 2 Fruits, Apple Muffin & Juice Box

Salads
1 MEAT & SALAD, includes Vinaigrette

<table>
<thead>
<tr>
<th>Choose from:</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Roast Chicken, Deli Ham, Boiled Egg &amp; Cheese</td>
<td>4.00</td>
</tr>
<tr>
<td>Salad only</td>
<td>3.50</td>
</tr>
<tr>
<td>Fruit in Season</td>
<td>3.50</td>
</tr>
</tbody>
</table>

Optional Extras: 30c
- Bread, Beetroot, Pineapple, Avocado

ALL FOOD ALLERGIES & INTOLERENCES
Please indicate clearly all foods to avoid on your child’s lunch order.

Date Revised 04.02.2015
SPECIALS

Monday
(A) Nachos:
   Corn chips, Salsa, Low Fat Grated Cheese (optional sour cream) 3.50
(G) Chicken Drumsticks (2) & Salad:
   Salad – Lettuce, Carrot, Tomato & Cucumber 3.50

Tuesday
(G) Fish Fingers (4): 2.00
   Optional Garden Salad 2.00
(G) Rice Paper Rolls (3):
   Katsu Chicken or Combination 4.50

Wednesday
(G) Sushi (5 pieces): 4.00
   Teriyaki chicken, Tuna or Combination
(G) Ham, Cheese and Pineapple Toasted Wrap (ham optional): 3.50

Thursday
(G) Tropical Burger:
   Crumbed Chicken Patty, Pineapple, Cheese & Salad in a Wholemeal Bun
   Salad – Lettuce, Carrot, Tomato & Cucumber 3.50
(G) Fried Rice:
   Ham, Omelette & Vegetables in Soy Sauce 3.00

Friday
(A) Good Eating Meat Pie 200g 3.00
(A) Sausage Roll 2.50
(A) Spinach & Ricotta Roll 3.00
(A) Snack Meat Pie 1.00

TOMATO SAUCE 30c

ALL FOOD ALLERGIES & INTOLERENCES
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Date Revised 04.02.2015
DRINKS & ICE-CREAMS

Some Ice-Cream wrappers state they may contain:
TRACES OF NUTS

DRINKS (G&A) AVAILABLE DAILY

Bottled Water (Large) .......................................................... 1.00
Brownes Plain Hi-Lo Milk (225mls) ........................................ 1.50
Extra Juicy (250ml no added sugar):
- Orange, Apple, Apple/Blackcurrant or Tropical .................... 1.50
Masters Chocolate, Strawberry or Spearmint Milk (300mls) ........ 2.50

ICE-CREAMS (A) AFTER LUNCH SALES ONLY

Ice-Cream:
- Billabong (Choc, Triple Swirl) ............................................. 1.50
- Peters Dixie Light Bucket .................................................. 1.50
Golden Circle Juicy Ice Sticks .............................................. 30 half – 60 full
Frozen Bulla Yoghurt ........................................................... 2.00
Pop Corn ............................................................................... 1.50
Vege Chips, Rice Sticks ......................................................... 1.00

Most of the food at Yidarra Canteen will be cooked when possible,
Fresh to Order!
We believe that all of the meals are tasty and are healthy for you!

ALL FOOD ALLERGIES & INTOLERENCES
Please indicate clearly all foods to avoid on your child’s lunch order.

Date Revised 04.02.2015