SUMMER CANTEEN MENU
TERM 4 2016

Email: cafeteria@corpus.wa.edu.au

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.

Important Changes:
• The menu may change online without any notice.
• Most items on the Online System have drop down boxes. The drop down boxes give you options to individualise your order.
• Sushi is now offered from Monday-Thursday.
• Cheddarmite scrolls can be ordered every day of the week.

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

IMPORTANT CHANGES:

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 Wholemeal Bread or Rolls (white ‘Hi Fibre on request)

| 1 MEAT | BREAD | 3.00 | WRAPS/ROLLS | 3.50 |
| 1 MEAT & SALAD | 3.50 | 4.00 |
| Choose from: Chicken, Ham, Tuna, Egg or Cheese |  |
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| SALAD - 4 different Vegies | 3.00 | 3.50 |
| Ham or Chicken & Cheese | 3.00 | 3.50 |

| 1 FILLING | 2.50 | 3.00 |
| Choose from: |  |
| • Baked Beans, Tinned Spaghetti or Vegemite |  |
| **Toasted 50c Extra** |  |

**Picnic Box (G)**
- Mini Cheddar-Mite Scroll, 2 Fruits, Mini Apple Muffin, Vanilla Yoghurt & Juice Box

**SALADS (G)**
**1 MEAT & SALAD**, includes Vinaigrette
(Salad is carrot, lettuce, tomato, beetroot, cucumber, avocado, sprouts & cheese unless requested)

| Choose from: |  |
| • Roast Chicken, Deli Ham, Boiled Egg & Cheese | 5.00 |
| • Salad only | 4.00 |
| • Fruit Salad | 4.00 |

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Monday

(A) **NACHOS:**
Corn chips, salsa, low fat grated cheese & sour cream

4.00

(G) **FISH FINGERS (4) OR CHICKEN NUGGETS (3) & WEDGES:**
Optional salad is lettuce, carrot, tomato & cucumber

3.00

(G) **VEGE PASTA:**
Pasta spirals in an Italian tomato sauce with cheese

3.50

Tuesday

(A) **PESTO CHICKEN PASTA:**

4.00

(G) **BAKED POTATO (choice of toppings):**

3.00

(G) **BURGERS (BEEF OR CHICKEN) ON WHOLEMEAL ROLL:**
Choice of salads & sauces

4.00

Wednesday

(G) **WARM CHICKEN ROLL:**
Wholemeal roll, roasted chicken & seasoned mayonnaise

3.50

(G) **APRICOT CHICKEN WITH RICE:**
Chicken & vegetables in a savoury apricot sauce

4.00

(G) **MI GORENG:**
Indonesian style noodle dish (chicken or vegetarian)

3.50

Thursday

(A) **QUICHE – HAM & CHEESE OR PUMPKIN & CHEESE:**
Optional garden salad

3.00

2.00

(G) **RICE PAPER ROLLS (choice of Katsu, Teriyaki Chicken or Combo):**
2 Sausages, gravy, mashed potato & mixed vegetables

5.00

(G) **CHICKEN ENCHILADA:**
Chicken mix wrapped in a soft tortilla, topped with salsa & cheese

4.00

Friday

(A) Good Eating Meat Pie 200g

3.50

(A) Sausage Roll

3.00

(A) Spinach & Ricotta Roll

3.00

(A) Snack Meat Pie (sauce is 30c extra for snack pies only)

1.00

(TOMATO SAUCE NOW INCLUDED AT NO EXTRA COST EXCEPT SNACK PIES)

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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) .............................................. 1.00
Extra Juicy (250ml no added sugar):
  - Orange, Apple, Apple/Blackcurrant or Tropical ..................... 2.00
Brownes Milk (300mls) ................................................................ 3.00
  (Chocolate, Strawberry, Banana or Choc/Mint)

ICE-CREAMS (A) AFTER LUNCH SALES ONLY

Ice-Cream:
  - Paddle Pop (Choc or Triple Swirl) ............................................ 2.00
  - Peters Dixie Light Bucket .................................................... 1.50
  - Fandangles ............................................................................. 1.50
  - Olaf .......................................................................................... 2.00
Golden Circle Juicy Ice Sticks ....................................................... 30 half – 60 full
Frozen Bulla Yoghurt .................................................................... 2.00
Popcorn .......................................................................................... 50
Vege Chips, Rice Sticks ............................................................... 1.00

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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!