

Xaviers Healthy Lunchbox

Every Monday is Pastry Free Day

MORNING RECESS

Cheesies (<i>Toasted Lite cheese on Roll</i>)	
Sauce Cheesie (<i>Toasted lite cheese/ sauce on muffin</i>)	\$1.00
Baked Bean/ Spaghetti	\$1.00
Cheesie with toasted lite cheese on roll	\$2.00
Apple slinky (<i>BYO Apple</i>)	\$0.50
Apples	\$1.00
Pizza Slice - Chs/Bacon	\$1.50
Muffins	\$1.50
Pikelets (<i>made fresh daily</i>)	\$0.20

DRINKS

Milk with sipahh straw (<i>choc, straw, banana</i>)	\$2.50
Water 600ml	\$2.00
Nudie Juices (<i>orange, apple or tropical</i>)	\$2.00
<i>No Added Sugar</i>	

KEY

- Green foods (foods that are nutritious and low in fat, sugar and salt)
- Amber Foods (foods to be selected carefully and to limit)
- Gluten Free
- Vegetarian option

LUNCH

Hot food

Nachos (V) (G/F)	\$5.00
Fried Rice (V) (G/F)	\$5.00
Macaroni Cheese (V)	\$5.00
Quiche Lorraine	\$5.00
Crumbed chicken burger (<i>Chicken pattie, lett & Mayo in a roll</i>)	\$5.00
Pizza - Ham & Pineapple	\$5.00
Party Pies (<i>low salt & fat</i>)	\$1.50
Sausage Rolls (<i>low salt & fat</i>)	\$4.00
Hot Dog (with tom or BBQ sauce)	\$4.00
Cheeseburger (<i>low fat meat pattie, Cheese, tom or BBQ sauce on roll</i>)	\$5.00

Wholemeal Bread - Warm Toasties

Worm Jaffle (<i>Spaghetti</i>)	\$4.00
Bug Jaffle (<i>Baked Beans</i>)	\$4.00

ICY POLES & ICE-CREAMS

Available at lunch time ONLY at a cost of \$1.00 to \$2.00 each

PLEASE NOTE: *Pre-Primary children cannot order recess. They are encouraged to bring fruit.*

Sandwiches Wholemeal (Toasted extra .50c)

Vegemite	\$4.00
Lite Cheese	\$4.00
Tuna (<i>in spring water</i>)	\$4.50
Chicken	\$4.50
Ham (<i>Lite and low in salt</i>)	\$4.50
Egg (<i>Plain or curried</i>)	\$4.00
Salad (<i>tom, car, cuc & lett</i>)	\$4.50

Extras - added to sandwiches/rolls/wraps

Tomato, lettuce, carrot, cucumber	\$2.00
Beetroot or lite cheese	\$1.00
Fork/Spoon	\$0.10
Boiled Egg	\$1.50
Roll or wrap	\$1.00
Mayonnaise (<i>lite and no egg</i>) or tomato sauce	\$0.60

Cold foods

Fresh homemade salad bowl (<i>choice of Ham, chicken, tuna or plain</i>) with tom, lite cheese, cucumber, carrot, lettuce & boiled egg	
Small	\$5.00
Large	\$6.00

CANTEEN INFORMATION

Lunch order bags are available from the canteen and can be purchased at a cost of 10 for \$1.00 or alternatively you may purchase brown paper bags from the supermarket. If you don't have a bag, an extra 10 cents must be included in your order.

All orders must be in the class basket by 9.00am. Late orders must be delivered directly to the canteen.

All foods sold are approved by the WA School Canteen Association (WASCA)

Xavier Canteen abides by the WA School Canteen Association Healthy Eating Traffic Light System.

Green (foods that are nutritious and low in fat, sugar and salt)

Amber (foods to be selected carefully and to limit)

Red (foods not to be sold)

N.B. THERE IS STRICTLY NO CREDIT AVAILABLE IN THE CANTEEN. CHILDREN WHO FORGET THEIR LUNCH WILL BE GIVEN AN ORDER AND PARENTS BILLED ACCORDINGLY.

Sue Richter
XAVIER CANTEEN MANAGER

XAVIER CATHOLIC SCHOOL



SUMMER MENU 2023



Canteen opens every MONDAY, WEDNESDAY & FRIDAY
during the school terms