**MORNING RECESS** (cannot be pre-ordered)

Homemade Muffins (A) $1.50c  
Pikelets (made fresh daily) (A) $0.20c  
Cheesies (lite cheese on Brown roll) (G) $1.00c  
Sauce Cheesie (lite cheese/ Sauce on brown muffin) (G) $1.00c  
Baked Bean/Spaghetti Cheesie (lite cheese on Brown roll) (G) $1.50c  
Apple slinky (BYO apple) $0.10c  
Chocolate Yogo (G) $2.00  
Light Yoghurt (G) $2.00  
Pizza slice – Chs/Bcn or BBQ Chicken (G) $1.50c  
Jelly cups – non-preservative Natural colours & flavours (G) $1.00  
Jelly cup with low fat yoghurt & Muesli (G) $2.00c  
Seasonal Fruit (G) $1.00c

**Drinks**

Harvey Fresh Moolish Flavoured Milk – Banana, Choc or strawberry (G) $2.00  
Nudie Juices (orange, apple or Tropical) no added sugar (A) $1.50c  
Plain Water (G) $1.50c  
Up n’ Go Chocolate, Banana or Vanilla (G) $2.00

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**EVERY MONDAY IS PASTRY FREE DAY**

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**LUNCH**

**Hot Food**

- Party Pies (low in salt & fat) (A) $1.30c  
- Sausage Rolls (low in salt & fat) (A) $3.00  
- Cruiser Lite Pie (low in salt & fat) (A) $4.00c  
- Nachos (small) (G) $4.00  
- Nachos (large) (G) $5.00  
- Cluckatucka (chicken strip, lettuce & Mayonnaise on a long roll) (A) $4.00c  
- Pizza – Ham/Pineapple (A) $3.00c  
- Fishburger (Crumbed Oven Fish, Lettuce & Mayonnaise on brown Round roll) (A) $4.00c  
- Fried Rice (Gluten Free) (G) $4.00c  
- Macaroni Cheese (G) $4.00c  
- Homemade Spaghetti Bolognaise (made with low fat mince & low in salt) (G) $4.00c

**Wholemeal Bread - Warm Toasties**

- Worm Jaffle (spaghetti) (G) $3.00c  
- Bug Jaffle (baked beans) (G) $3.00c

**Icy Poles & Ice-Creams:**

Available at lunch time ONLY at a cost of 60c to $2.00

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**Sandwiches Wholemeal (Toasted extra $0.30c)**

- Vegemite (G) $3.00c  
- Lite Cheese (G) $3.00c  
- Tuna (in spiringwater) (G) $4.00  
- Chicken (G) $4.00  
- Ham (lite and low in salt) (G) $4.00  
- Egg (plain or curried) (G) $3.00c  
- Salad (tom,carrot,cuc,let) (G) $3.50c

**Extras – added to s’wiches/rolls.wraps**

- Tomato, lettuce,carrot,cucumber $1.50c  
- Beetroot or Lite Cheese (G) $1.00  
- Fork/spoon $0.10c  
- Boiled Egg (G) $1.00  
- Wholemeal roll or wrap (G) $1.00c  
- Mayonnaise (light & no egg ) or Tomato Sauce (G) $0.60c

**Cold Foods**

- Fresh Homemade Salad Plates; Ham, Tuna or Chicken with tomato, Lite Cheese, Lettuce, Cucumber, Carrot & Boiled Egg (G) sm  $4.50c  
- Lge $5.50c

**KEY:**

- (A) Amber Foods (foods to be selected Carefully and to limit).  
- (G) Green Foods (foods that are nutritious and low in fat, sugar and salt)

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

Lunch order bags are available from the Canteen to be purchased at a cost of 10 for $1.00c. or alternatively you may purchase brown paper bags from the Supermarket. If you don’t have a bag an extra 10c must be included to cover cost.

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 WA 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 be limited).
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 Manageress

Xavier Catholic School

Winter Menu 2016

Canteen opens every Monday, Wednesday & Friday during the School Terms.