

# XAVIER'S HEALTHY LUNCHBOX

## 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
Apples (G)	\$1.00
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

**EVERY MONDAY IS PASTRY FREE DAY**

## 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)	\$4.50
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**

## 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) sml	\$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)

**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 2017



**Canteen opens every MONDAY, WEDNESDAY & FRIDAY  
during the School Terms.**