

The Seventh 'C' — Curtin Primary School canteen

To volunteer for canteen duty contact Canteen Manager Lizzy 9am–1:30pm on 6205 5607, (not recess or lunch please). Typically shifts are allotted one day per month, but you may do more or less.

LUNCH MENU

Sandwiches, wraps, rolls & salad

Cheese low fat (v)	\$2.50	●
Cheese and salad (v)	\$3.50	●
Chicken salad crumbed chicken tender or shredded chicken breast	\$4.00	Ⓜ
Egg, lettuce and mayo	\$3.50	Ⓜ
Ham	\$2.50	Ⓜ
Ham, tomato and cheese	\$3.00	Ⓜ
Ham and salad	\$4.00	Ⓜ
Salad (v)	\$3.00	Ⓜ
Tuna	\$3.00	Ⓜ
Vegemite, honey, or strawberry jam (v)	\$2.00	Ⓜ
Salad plate lettuce, tomato, cucumber, carrot, beetroot, cheese, ham or egg and mayo	\$5.00	Ⓜ
Any extras	50¢	

Drinks

Fruit juice apple; apple & blackcurrant; or orange	\$2.50	Ⓜ
Milk plain	\$1.50	●
Milk chocolate or strawberry	\$2.50	●
Slushy	\$2.00	Ⓜ

Gluten-free items (orders only)*

Sausage rolls (add 20¢ for tomato sauce)	\$4.00	Ⓜ
Gluten-free bread for sandwiches	no extra	

Hot food

Chicken ball	\$1.00	Ⓜ
Chicken, lettuce mayo wrap crumbed chicken tender or shredded chicken breast	\$5.00	Ⓜ
Corn cob (v) (gf)	\$1.20	●
Lasagne	\$4.00	Ⓜ
Macaroni cheese (v)	\$4.00	Ⓜ
Meat pie	\$4.00	Ⓜ
Noodles beef or chicken	\$2.50	Ⓜ
Party pie	\$1.50	Ⓜ
Pizza bacon; or ham & pineapple; or cheese (v)	\$4.00	Ⓜ
Yummy drummy boneless mini chicken drumstick	\$2.00	Ⓜ
Sausage roll	\$3.00	Ⓜ
Spinach and ricotta puff (v)	\$4.00	●
Barbecue, tomato or tartar sauce sachet	20¢	Ⓜ

RECESS MENU

Cheese toastie (v)	80¢	Ⓜ
Pikelets	20¢	Ⓜ
Cookies (Tues only)	\$1.00	Ⓜ
Pizza scrolls (Wed only)	50¢	Ⓜ

Fruit and snacks

Carrot sticks (v) (gf)	20¢	●
Fruit (apple or orange) (v) (gf)	\$1.00	●
Hardboiled egg (v) (gf)	80¢	●
Monster noodles barbecue or chicken	\$1.40	Ⓜ
Bag of air-popped popcorn (gf) lightly salted	\$1.50	Ⓜ
Fruity bites or Milo bites	20¢	Ⓜ
Carrot, cucumber and cheese cubes (v) (gf) in a pack	50¢	Ⓜ
Crunchy chicken-flavoured potato stick	\$1.50	Ⓜ
Energy Balls	20¢	●

Frozen items

Frozen fruit cup (g)	\$1.00	Ⓜ
Paddle Pop chocolate or rainbow	\$1.50	Ⓜ
Frozen yoghurt strawberry or mango	\$2.00	Ⓜ
Fruit tube (gf)	50¢	Ⓜ
Vanilla ice-cream tub (gf) low fat	\$1.50	Ⓜ

Write your child's name, class and order on a plain paperbag. If you need a bag, add 20¢. Orders can also be lodged online at www.flexischools.com.au (no credit is given)

Special menus are organised every term. See the Curtin Courier

Homemade birthday cupcakes are available for \$25 per class. Two days' notice needed. Payment can be sent via class basket.

To promote healthy choices our school follows the national healthy school canteens guidelines and the traffic light system to categorise foods.

- Foods are low in nutritional value
- Ⓜ Foods have moderate nutrient value
- Foods are the best nutrient choices

(v) = vegetarian (gf) = gluten-free

\$5 MEAL DEALS

- Ⓜ Baked chicken nuggets (3) and wedges + cup of milk and a flavoured straw
- Ⓜ Homemade spaghetti bolognaise + cup of milk and a flavoured straw
- Ⓜ Baked crumbed boneless fish & wedges + cup of milk and a flavoured straw

*Items not available over the counter

