

LIWARA CATHOLIC PRIMARY SCHOOL MENU

RECESS AND LUNCH HEALTHY SNACK SELECTION

Whole/Fresh Seasonal Fruit	\$1.00
Popcorn Snack Cup or W/Melon Slice	\$0.50
Pikelet (Plain or Berry) (GF Avail HC)	\$0.50
Scone (HC)	\$0.50
Seasonal Fruit Cup	\$2.00
Low fat/sugar Fruit Muffins (HC)	\$1.00
Yoghurt (low fat assorted flavours)	\$2.00
Pizza Slice or Cheese & Veg Scrolls (HC) (Recess)	\$1.00
Cheesie (Recess)	\$1.50
Spagzee or Beanzee (Recess)	\$1.00

SANDWICHES, ROLLS AND WRAPS

Vegemite	\$2.00
Salad	\$3.50
Cheese	\$3.50
Egg Plain ((Curried) + \$.50c	\$3.50
Tuna	\$3.60
Ham or Chicken	\$3.80
* ROLLS / WRAPS	+50c
* TOASTING – Sandwiches or Wraps	+ 30c

EXTRAS

Salad = lettuce, tomato, carrot, cucumber	\$1.50
Or individual salad items (for each)	\$0.40
Cheese or Egg	\$0.80
Mayonnaise OR Beetroot	\$0.40

ALL BREAD (+ GF), ROLLS & WRAPS ARE WHOLEMEAL

EVERYDAY LUNCH SELECTION

Toasted Baked Bean Sandwich	\$3.30
Toasted Spaghetti Sandwich	\$3.30
Add Cheese	+ .80c
(Ham, Chicken, Cheese, Tomato Toasties available)	
Spaghetti Bolognese (HC)	\$5.50
Mac N' Cheese (HC)	\$5.50
Fried Rice (GF & HC) Vegetarian Avail	\$5.50

Quiche (HC)	\$4.50
*Add Salad	\$1.50
Hot Chicken Roll (includes mayo)	\$5.00
Salad Tray	\$4.00
*Add Egg or Cheese	.80c
*Chicken	\$2.00
*Ham	\$1.00
Pizza Slab (Various)	\$4.00

SUSHI

AVAILABLE ON FRIDAY ONLY pre order Thursday

Sushi (6 pieces) - Teriyaki Chicken, Tuna, Vegetarian or Combo	\$7.00
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DELICIOUS FROZEN DELIGHTS

Frozen Yoghurt Treats (HM)	\$1.50
Frozen Pureed Fruit 100% Pops (HM)	\$1.00

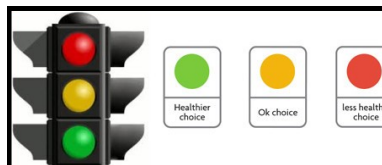
Over counter lunch only

HC = Home Cooked

V = Vegetarian

GF = Gluten Free

HM = Home Made



EVERYDAY DRINK SELECTION

Plain Milk	\$1.50
Chocolate / Mango Smoothie	\$2.00
Milo Cup (NO ADDED SUGAR)	\$1.50
Juice Apple / Apple & Blackcurrant	\$1.00

DAILY SPECIALS

BURGER BONANZA—MONDAY ONLY

Beef Burger (HC) with Salad & Tomato Sauce	\$6.00
Chicken Breast Burger with Salad	\$6.00

HOME COOKED TREATS—TUESDAY ONLY

Beef Pie (HC)	\$5.50
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WRAP IT TIGHT —THURSDAY ONLY

Crispy Chicken Wrap with Salad (Sm or Lg)	\$4.50 / \$5.50
Crispy Fish Wrap with Salad (Sm or Lg)	\$4.50 / \$5.50

MIGHTY MEXICAN FIESTA—FRIDAY ONLY

Nachos Bowl (Sm or Lg) GF	\$4.50 / \$5.50
add Sour Cream	+ 40c

MRS F'S LUNCHBOX MEAL

Chicken Salad Wrap (sml), Pikelet & Slinky Apple	\$6.00
Vegemite & cheese Roll, Yoghurt Tub & Watermelon	\$6.00
Ham & Cheese Toastie, Vegie Sticks & Corn Cob	\$6.00
Add Plain Milk	\$1.00

ORDERING YOUR LUNCH

Please place your lunch order online at

www.quickcliq.com.au

Orders can be made up to two weeks in advance, and can be made any time before 9am on the date of the order.

ONLINE ORDERING TIP

If there is a **"green plus"** symbol next to your order, then 'extras' are available on this item.

This is also where you select fresh milk for a an extra \$1.00 with your **MEAL DEAL**

CANCELLATIONS

If you've placed an order in advance, and it is no longer wanted, please cancel it through the online system before 9.00am on the day.

For help with the online system call
1300 484 888 from 7.30am

ALTERNATIVELY

You can place your order over the counter at the canteen, before 9.00am, using a paper bag.
(cost 15c each)



SUSTAINABLE FOOD SERVICE

PACKAGING

We have an obligation to preserve and protect our environment as our School Prayer clearly states

"...Our environment needs our love and care...". Therefore, we have now moved towards only purchasing food packaging products, that promote environmental sustainability.



A minimum of 60% of all foods, drinks and snacks offered by school canteens must come from 'GREEN' choices. Our canteen certainly exceeds this!

FOOD ALLERGIES AND INTOLERANCES

Do you have food allergies, intolerances or dietary preference? Please let Deb know as every effort will be made to accommodate our students.

HEALTHY FOOD AND DRINK CHOICES

The Healthy Food and Drink Choices Policy was introduced in 2006 by the WA Government. It is sometimes called the Traffic Light System, as foods are categorised Green, Amber and Red.

'Green' foods are everyday choices (fruit and veg, breads, lean meats, low fat dairy etc....

'Amber' foods should be selected carefully or limited from your daily food intake (restrictions will apply to Amber products in our canteen—and—only ONE serve will be allowed, unless stated).

'Red' foods are high in fat and sugar and will not be available in our canteen.

Liwara Catholic Primary School Canteen complies with the WA School Canteen Association Guidelines.

Our Liwara Canteen is now classified as a
Four Star Accredited Canteen!

CAN YOU SPARE HALF AN HOUR?

The canteen would love your help. The students love seeing their parents at the counter at recess time (10.40) You are also more than welcome to choose a time to suit your day. Even half an hour at 9am to organise the lunch bags is a great help.

Thank you!

Please call Deb - 6224 2014.

