

## St Joseph's Primary School- Rochester 2018 Lunch Order Menu

<b><u>COLD FOODS:</u></b>						
<b>Fresh sandwiches, rolls and wraps</b> <i>Available on wholegrain bread</i>				<b>Sushi</b>		
Chicken, Beef or		Ham Salad Sandwich	\$4.00	Tuna		\$3.80
Chicken, Beef or		Ham Salad Roll	\$5.00	Crispy Chicken		\$3.80
Chicken, Beef or		Ham Salad Wrap	\$5.00	Calamari		\$3.80
Chicken Sweet Chili Wrap (single serve)			\$3.00	<b><u>TASTY HOT FOODS:</u></b>		
<b>Additional filling options include:</b>				Pie		\$4.00
Plain Sandwich (up to 3 fillings)			\$3.00	Sausage Roll		\$3.00
<i>Chicken, ham, reduced fat cheese, avocado, egg, lettuce, tomato, carrot, onion</i>				Toasted ham, cheese & tomato sandwich		\$3.00
				Hot Dog		\$3.00
<b>Fresh Salads</b>				<b><u>SUPER HEALTHY SNACKS</u></b>		
Chicken Salad: Chicken, lettuce, onion, cherry tomato & capsicum <i>*dressing upon request</i>			\$5.00	Fresh Fruit Salad with Yoghurt		\$5.00
Greek Salad: Lettuce, feta, cucumber, cherry tomatoes, red onion with Greek yoghurt			\$5.00	Fresh Fruit Salad		\$4.00
Calamari Salad: Calamari, lettuce, red onion, yellow and red capsicum <i>*dressing upon request</i>			\$5.00	<b><u>COOL DRINKS</u></b>		
				Nippy's Chocolate Milk		\$2.00
				Nippy's Strawberry Milk		\$2.00
				Apple Juice		\$1.50
				Orange Juice		\$1.50
<b>EVERY DAY</b>	<i>Food and drinks in this category are high in nutrients, low in saturated fat, energy and added sugar and are the best option to eat and drink every day.</i>					
<b>SELECT CAREFULLY</b>	<i>Food and drinks in this category can contribute to excess energy intake, contain saturated fat, added sugar or artificial sweeteners &amp; large serving sizes should be avoided</i>					