

St Joseph's School



Secondary School Canteen Menu

Lunch Orders

Students must order their lunch by the end of homeroom

What you need on & in your envelope
Your name. Tick the correct boxes on your envelope. Place the correct money in the envelope.

Check that you are ordering from the correct day.

Place your lunch order in your homeroom basket

G - Green - Healthy Choice

A - Amber - Select in moderation

Daily Lunch Specials

Monday, Tuesday, Wednesday & Friday: Subway

G	Six Inch Sub with a Drink	\$6.00
	Foot Long sub with a Drink	\$12.00
	Sub Option- White, Wheat or Italian Herb & Cheese	
	Meat Option- Chicken, Ham, Turkey, Vegetarian or Roast Beef	
	Salad Option- Cheese, lettuce, tomato, cucumber, carrot	
	Sauce Options Available	
	Drinks Option- Apple Juice, Water, Chocolate Calcium	
	Sub of the Day	\$8.00
	Veggie Salad Bowl	\$7.70
	Ham Salad Bowl	\$7.70
	Turkey Salad Bowl	\$7.70
	Roast Beef Salad Bowl	\$8.70
	Chicken Salad Bowl	\$9.70

Thursday: Avon Spice Cafe

(May contain traces of peanuts and tree nuts)

G	Butter Chicken & Vegetables- chicken, yoghurt, spice mix, tomato paste, mixed vegetables & rice.	\$8.00
	Bottle of water	
	Vegetarian option—scrambled egg, Dahl and rice	\$6.00
	Bottle of water	

The Importance of Breakfast

Breakfast is an important meal because it breaks the overnight fasting, it replenishes the supply of glucose and provides other essential nutrients to keep energy levels up throughout the day.

- Skipping breakfast can diminish mental performance
- Breakfast helps learning, by being able to pay attention
- Children who skip breakfast may lack sufficient vitamins and minerals including iron, calcium, zinc and vitamin B2

Eating high fibre breakfast reduces fatigue

10 reasons to drink calorie-free water

1. Drinking water relieves fatigue
2. It improves weight loss
3. It helps in digestion
4. It flushes out toxins
5. It treats headaches & migraines
6. It improves mood
7. It promotes healthy skin
8. It beats bad breath
9. It regulates body temperature
10. It keeps you alive

Students are encouraged to drink water