

# 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	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	\$6.00
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### 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. Bottle of water	\$8.00
	Vegetarian option—scrambled egg, Dahl and rice Bottle of water	\$6.00

### 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 better 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

Students are encouraged to drink water

### 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