



# St Joseph's Secondary Lunch Meal Deals

## Term 2 ~ 2017

### Ordering Lunches

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

### 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

Student are encouraged to drink water

### 10 reasons drinking 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

### Monday - Avon Valley Bakery

G	<b>Salad Roll</b> bread roll, lettuce, tomato, cucumber, carrot  Option: <b>Chicken or Ham</b>  <b>Bottle of water</b>	\$6.00
---	--	--------

### Tuesday - Lucy's Tearooms

A	<b>Hamburger</b> bread roll, hamburger patty, lettuce, tomato, Cucumber, carrot, fried onions and sauce  <b>Bottle of water</b>	\$6.00
G	<b>Chicken Strip Wrap</b> flat bread, lettuce, tomato, carrot, Chicken strip (contains sesame seeds)  <b>Bottle of water</b>	\$6.00

### Wednesday - Avon Valley French Hot Bakery

G	<b>Summer Roll</b> rice paper, meat option, mixed salad, Cucumber, carrot, Mayonnaise  Meat Option: <b>Chicken or Beef</b>  <b>Bottle of water</b>	\$6.00
G	<b>Sushi</b> nori, rice, meat option, cucumber, lettuce Mayonnaise. With soy sauce and wasabi  Meat Option: <b>Tuna or Chicken</b>  <b>Bottle of water</b>	\$6.00
G	<b>Fried Rice</b> rice, bacon, egg, peas, corn, carrot, soy sauce  <b>Bottle of water</b>	\$6.00

### Thursday - Avon Spice Cafe

G	<b>Butter Chicken &amp; Vegetables</b> (food may contain traces of peanut and tree nuts)  Chicken, yoghurt, spice mix, tomato paste, cream, mixed Vegetables  <b>No drink with meal</b>	\$8.00
---	--	--------

### Friday - Subway

G	<b>Six Inch Sub</b> Sub option: <b>White or Wheat</b> Meat Option: <b>Chicken or Ham or Turkey or Vegetarian</b> Salad Option: Cheese, Lettuce, Tomato, Cucumber, Carrot Drinks Option: <b>Apple Juice or Water or Chocolate Calcium</b>	\$6.00
---	--	--------