

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, Wednesday & Friday: Subway

G	Six Inch Sub <i>(with a Drink)</i>	\$6.00
	Wrap – White or Multi <i>(with a Drink)</i>	\$6.00
	Wrap – Gluten Free <i>(with a Drink)</i>	\$7.00
	Foot Long sub with a Drink <i>(with a Drink)</i>	\$12.00
	Sub of the Day <i>(without a drink)</i>	\$8.00
	Chicken Salad Bowl <i>(without a drink)</i>	\$9.70

Sub Option- White, Italian Herb & Cheese or 9 Grain

Wrap Option – White, Multigrain or Gluten Free

Filling Option- Ham, Chicken, Pizza or Vegetarian

Salad Option- Cheese, lettuce, tomato, cucumber, onion, carrot

Sauce Options – Mayo, Garlic, Tomato, Sweet Onion or Honey Mustard

Drinks Option- Apple Juice, Water, Chocolate Calcium

Extras

Extra Cheese	.50c
Beetroot	.30c
Avocado	\$1.10

Tuesday: The Hill Catering Company

G	Fried Rice (GF) <i>(without a drink)</i>	\$5.00
	– contains rice, assorted vegetables, ham, soy, sweet chilli and egg	
G	Spaghetti Bolognese <i>(without a drink)</i>	\$6.00
	– contains pasta, beef, tomatoes, herbs, assorted vegetables, grated cheese	

Thursday: The Hill Catering Company

G	Butter Chicken, Vegetables & Rice (GF) <i>(without a drink)</i>	\$8.00
	- contains dairy products, special blend of spices, tomatoes, mixed vegetables	
G	Naan Bread	\$2.00

(While these dishes do not contain nuts or gluten, in the case of the Fried Rice & Butter Chicken, and we make every effort to avoid cross contamination we must advise that they may contain traces)

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