

Healthy Food and Drink Choices in our School

The primary role of the canteen is to provide healthy and nutritional food to students and staff.

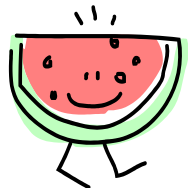
The canteen supports healthy eating in accordance with the Healthy Food and Drinks Policy of the Traffic Light system. Eighty-seven per cent of the food sold at the Canteen currently falls into the green (very healthy) range.



Pre-order Your Lunch

Pre-ordering occurs at the designated breakfast window from 8am to 8.40 am or at recess from 11:20 am.

Orders will ensure you get what your heart desires....



Volunteers are always welcome anytime between 9am and 1pm.

If you would like to volunteer in the School Canteen, please telephone the Canteen Manager, Naomi, on 9071 9516.

Your assistance would be greatly appreciated and will help us offer a greater service to our school community.



**ESHS P&C Association Inc.
PO Box 465
Esperance 6450**

**P&C meetings are held on the second Tuesday of each month during term times, commencing at 7.30pm in the staffroom.
Meeting dates are advertised in the**



Esperance Senior High School

Canteen Menu

2016



**ESHS School Canteen
Canteen Manager -
Naomi
9071 9516**

**Breakfast is Available
From 8 am to 8.40 am**

BREAKFAST MENU

Bacon and Egg Wrap	\$3.00
Bacon Wrap	\$2.50
Bacon, Lettuce & Tomato Wrap	\$3.50
Toasted Sandwiches	\$3.00



Monday

Pastries will be available on Mondays and Fridays only.

Pies	\$4.00
Sausage Rolls	\$3.50
Sauce	30c

Tuesday

Hot Beef & Gravy Roll	\$5.00
Hot Chicken & Gravy Roll	\$5.00
Stuffed Potatoes	\$4.00

Wednesday

Chips and Gravy	\$4.00
Fish, Chips & Salad	\$6.00

Thursday

Hamburger	\$5.00
Fish Burger	\$5.00
Chicken Burger	\$5.00
Spaghetti Bolognese	\$4.00
Lasagna	\$4.00

Friday

Pies	\$4.00
Sausage Rolls	\$3.50
Sauce	30c

**If recess and lunch foods are NOT pre-ordered,
ONLY limited amounts of the
following foods will be available.**

Chicken, cheese and mayo fold	\$3.50
Cheese Folds	\$3.00
Pizza Pocket.....	\$3.00
Pizza Single.....	\$3.50
Hotdogs	\$4.00
Nachos	\$4.00
Sushi - 6 pack	\$5.00
Apple Pie	\$3.00
Chilli Strips.....	\$3.50

TOASTED SANDWICHES



Ham & Cheese & Tomato	\$3.00
Chicken & Cheese & Mayo	\$3.50
Ham & Cheese	\$3.00
Chicken & Cheese	\$3.00
Tomato & Cheese	\$3.00
Cheese	\$2.50

Soup and Bread Roll (winter only) \$3.50

FRESH DAILY

Rolls	\$5.00
Wraps	\$5.00
Sandwiches (as below)	\$4.50
Chicken and Salad	
Ham and Salad	
Tuna and Salad	
Chilli Chicken and Salad Wrap	
Quiche and Salad Box	\$5.00
Chicken and Salad Box	\$5.00
Ham and Salad Box	\$5.00
Variety of Salad Boxes	\$5.00

Extras: avocado or beetroot 50c



SNACKS

Fruit	70c
Fruit Jelly	\$1.00
Homemade cake	\$1.00
Homemade Biscuit	70c
Toasties	70c
Fresh Yoghurt	\$1.50
Vege Boxes	\$3.00
Fruit Salad Boxes	\$4.00



DRINKS

Flavoured Milk 600ml	\$4.50
Flavoured Milk 300ml	\$3.00
Plain Milk 300ml	\$1.50
Frantelle Water	\$2.00
Fruit Juice - small	\$3.00
LOL	\$2.50
Pop tops	\$2.00
Slushies	\$2.00
Emma and Toms Juice	\$4.00



ICECREAMS

Low Fat Frozen Yoghurt	\$2.00
Berri Quelch Stick	70c
Paddle Pops	\$1.70
Icy Twists	\$1.50
Calippos.....	\$2.00