

School Canteen Menu

Proudly brought to you by Fremantle Primary P&C Association Inc.

Open Monday, Wednesday and Friday from 8.20am - All recess and lunch orders placed by 9am

See noticeboard for menu changes and special menu days

Special diets can be accommodated - please ask!

Telephone via school administration office 9335 3647

All bread is wholemeal; all rolls are white. The canteen makes all food, except where indicated.

V = Vegetarian D = contains dairy E = contains egg GF = gluten free *please note allergies on lunch bag*

Recess

Apple slinky	V	\$1.00
Cheesie (on half white roll)	V D	\$1.50
Popcorn (air popped & lightly salted)	V GF	\$1.00
Seasonal fresh fruit	V GF	\$0.50
Fruit toast - buttered	V D	\$1.00
Sausage roll (beef & veg) - Mon	E	\$1.00
Muffin - Mon	V D E	\$1.00
Winter Soup - small - Mon & Wed	V GF	\$2.00
Banana Bread - Wed	V D E	\$1.00
Pikelet - Fri	V D E	\$0.50

Lunch

NOTE: Pre-order sushi / rice paper rolls for Wednesday

Sandwich / Roll made to order		
all with mayonnaise and spread	V D E	
salad is lettuce, carrot, tomato	V GF	
Cheese and salad sandwich	D E	\$3.50
Ham and salad sandwich	D E	\$3.70
Egg and salad sandwich	D E	\$3.70
Chicken and salad sandwich	D E	\$4.00
Vegemite Sandwich	V D	\$2.00
with gluten free bread	GF	add \$1.00
with beetroot	V GF	add \$0.50
with cheese	V D GF	add \$0.50
Roll		add \$0.50
Corn cob	V GF	\$1.00
Vege sticks (carrot, celery)	V GF	\$1.00
Baked chicken drumstick - Wed & Fri	GF	\$2.00
Winter Soup with roll - Mon & Wed		
Large	V	\$4.50
Small	V	\$3.00
Spaghetti - G/F option available		
Napoletana	V D	\$4.00
Bolognaise	D	\$4.50
Lasagne (supplied by Golden Ravioli)	D	\$4.50

Lunch continued...

Toasted Sandwich		
Ham and cheese	D	\$3.50
Ham, cheese, tomato	D	\$3.70
Ham, cheese, pineapple	D	\$3.70
Chicken, cheese, pineapple	D	\$4.00
Baked Beans (Heinz low salt)	V	\$3.50
with gluten-free Bread	GF	Add \$1.00

Magnificent Monday lunch special

Pizza (all with cheese and tomato, base from Bakers Delight)		
Capsicum, mushroom, olive	V D	\$4.00
Ham and pineapple	D	\$4.00
Ham	D	\$4.00

Wondrous Wednesday lunch special

Sushi (Sushi Master) * teriyaki chicken / tuna / veggie or combo		
4 pack	E	\$4.00
5 pack	E	\$5.00
Rice Paper Roll (Sushi Master) * teriyaki chicken / tuna or tofu		
3 pack*	E	\$5.00
*Must be pre-ordered and paid on Monday		
*GF available upon request		
Beef Pie (Mrs Macs Good Eating)	D	\$4.00
Sausage Roll (Mrs Macs Good Eating)	D	\$3.50
Spinach & Ricotta Roll (Mrs Macs)	V	\$3.70

Fantastic Friday lunch special

Stir-fried Rice	V E	\$4.00
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After lunch

Icepole (Quelch) half/whole	V	\$0.50/\$1.00
Popcorn (air popped & lightly salted)	V	\$1.00
Ice cream (Moosies)	V D	\$1.50
Choose Chocolate / Strawberry / Banana		

Enquire about birthday celebration vouchers for icepoles.

Menu colour coded 'green' and 'amber' to indicate compliance with the Department of Education (WA) Healthy Food and Drink Policy. A minimum 60% of the menu must be 'green'.

Please consider volunteering, it makes the canteen possible.