



St Paul's Catholic School Canteen by *Canteen Kat* seek to promote a healthy diet and an environmentally aware lifestyle. The menu items abide by the revised Government Healthy School Canteen Strategy. Implementing the NSW food and drink criteria, The Australian Dietary Guidelines, and the national labelling system that provides Health Star Ratings on packaged foods.

Easy Online Ordering with the My School Connect app (MSC). This is the best way to order and view menu availability. Lunch bag is provided free with online orders.

If you wish to use manual lunch order bags using cash, they are to be written on the bag as shown. Please provide your own paper or reusable bag large enough for ordered items. Paper lunch bags for manual cash orders are available at canteen for 10c each.

Completing lunch orders with your child's involvement online or manually helps support their skill development.

Full Name	Class
Selection	Amount \$
Selection	Amount \$
	Total \$
	Amount Enclosed \$
	Change if Required \$
Any dietary restrictions	

If your child has any dietary restrictions, please clearly mark these on your Child's order. MSC online ordering has additional dietary information and photos.

Halal, Gluten and Dairy Free options available. No nut products are available from the school Canteen.

Most meals & snacks are prepared fresh in the canteen.

All menu items meet NSW food & drink criteria. Unmarked: everyday approved consumption food. * Occasional consumption food recommendation.

Birthday options available.

LUNCH ORDER OPTIONS

Sandwiches, Rolls or Wraps (fresh or toasted)

wholemeal bread, non-diary spread

Choose any filling combination:

Vegemite, Honey, Strawberry Jam, Cheese,
Lettuce, tomato, cucumber, carrot, capsicum
Avocado, celery, beetroot, mayo, hummus, BBQ sauce, tomato
sauce, mustard
Salt and/or pepper no charge

Up to 2 fillings	\$3.50
Over 2 fillings	\$4.00
Add Tuna/Chicken/Ham/Egg	\$1.00

Thins/Cakes Sandwiches

(Corn Thins, Plain Rice Cakes, Rice and Quinoa Cakes)

Up to 2 fillings	\$3.00
Over 2 fillings	\$3.50
Add Tuna/Chicken/Ham/Egg	\$1.00

Salads

Salad (lettuce, tomato, cucumber, carrot & capsicum)	\$5.50
Garden Salad with choice of Tuna/Chicken/Ham/Egg	\$6.50



Pop Up Meal Specials TUESDAY ONLY

See the online menu through the My School Connect app to stay up to date with the Pop Up Meal Special and fun events.

Nourish Bowls, Chicken Burgers, Sushi, Butter Chicken, Mac & Cheese, Noodles, Muffins, Healthy Treats, and many more....

Hot Food

Beef Lasagne	\$5.50
Cheese Pizza*	\$5.00
BBQ Chicken Pizza*	\$5.00
Meat Pie with tomato/BBQ sauce*	\$4.90

BREAK OPTIONS

Snacks

Available during break only

Cocotana Ball (blended coconut and sultanas)	\$0.50
Popcorn (air popped)	\$0.50
Slinky Apple	\$0.50
Pikelet / Biscuit*/ Mini Muffin*	\$1.00
Fab Fruit Popsicle (5 star fruit juice ice block)	\$1.00
Yippee Yoghurt Cup (low fat berry)	\$1.00
UFO (frozen pineapple ring)	\$1.00
Rainbow Cup (fresh fruit salad)	\$1.00
Traffic Lights Cup (fresh colourful vegetables)	\$1.00
Combo Cup (fresh fruit & vegetables)	\$1.00
Cheese & Rice Crackers	\$1.00
Hummus & Rice Crackers	\$1.00
Cowabunga Custard ~ Frozen/Cold/Warm (custard with seasonal fruit)	\$2.00
Jazzy Jelly* ~ Frozen (natural colours & flavours, low sugar, fresh seasonal fruit)	\$2.00
Coconutter* ~ Frozen (blended low-fat coconut milk & pineapple juice)	\$2.00
Milo Cold/Warm (fresh Milk)	\$2.20
Sipahh Flavour Straw (fresh milk)	\$2.20
Twisted Frozen Yoghurt	\$2.50

Drinks *Available for lunch orders & break*

Bottled Water	\$1.50
Plain Milk Popper (<i>light/full cream</i>)	\$2.00
Flavoured Milk Popper <i>Chocolate/Strawberry</i>	\$2.50
5 Star Juice Popper	\$2.50
<i>Orange/Apple/Apple & Blackcurrant/Tropical</i>	

MSC ONLINE MENU

myschoolconnect.com.au/register

The online menu offers the same menu BUT with regular discounts and additional specials!

Quick and easy ordering!
Specials, ingredient information, photos....

Order online and join the express line to collect your break snacks and have more time to play.



Want fresh milk?

Choose SIPAHH to enjoy during the break.

All Sipahh flavours are served with FRESH MILK. The straws are biodegradable and the cups are reusable.

Happy Environment – Happy Kids!