



# Holy Eucharist Canteen Menu 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>● <b>Stir Fry Noodles with Vegetables and Grill Chicken</b> \$5.50</li> <li>● <b>Steamed Bun</b> (BBQ Pork/Vegetable) \$5.00 for 2</li> <li>● <b>Beef / Chicken noodle</b> \$3.00</li> <li>● <b>Steamed Dim Sim</b> \$2.50 for 2</li> <li>● <b>Baked Chicken nuggets</b> \$3.00 for 5</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Tuna / Chicken Sushi</b> \$5.00 for 2</li> <li>● <b>Steamed Bun</b> (BBQ Pork/Vegetable) \$5.00 for 2</li> <li>● <b>Beef / Chicken noodle</b> \$3.00</li> <li>● <b>Steamed Dim Sim</b> \$2.50 for 2</li> <li>● <b>Baked Chicken nuggets</b> \$3.00 for 5</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Beef Lasagna</b> \$4.50</li> <li>● <b>Steamed Bun</b> (BBQ Pork/Vegetable) \$5.00 for 2</li> <li>● <b>Beef / Chicken noodle</b> \$3.00</li> <li>● <b>Steamed Dim Sim</b> \$2.50 for 2</li> <li>● <b>Baked Chicken nuggets</b> \$3.00 for 5</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Fried rice with ham and vegetables</b> \$5.00</li> <li>● <b>Steamed Bun</b> (BBQ Pork/Vegetable) \$5.00 for 2</li> <li>● <b>Beef / Chicken noodle</b> \$3.00</li> <li>● <b>Steamed Dim Sim</b> \$2.50 for 2</li> <li>● <b>Baked Chicken nuggets</b> \$3.00 for 5</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Hot dog</b> \$3.00</li> <li>● <b>Steamed Bun</b> (BBQ Pork/Vegetable) \$5.00 for 2</li> <li>● <b>Beef / Chicken noodle</b> \$3.00</li> <li>● <b>Steamed Dim Sim</b> \$2.50 for 2</li> <li>● <b>Baked Chicken nuggets</b> \$3.00 for 5</li> </ul>

## EVERYDAY ITEMS

### HEALTHIER OPTIONS

- Steamed Corn Cob \$1.00
- Seasonal Fruit Cup \$1.00
- Ham and Cheese Pocket \$3.00
- Sandwich/ Roll/ Wrap with:
  - Grilled Chicken, lettuce and Mayo. \$5.50
  - Roast vegetables, Spinach and Cheese \$5.50
  - (Vegetarian/ Vegan without cheese \$5.00)
  - Lettuce, Tomato and Cheese \$3.50
  - (Vegetarian/ Vegan without cheese \$3.00)
- Seasonal fruit \$1.00  
(Apple, Banana, Mandarin)

### SELECT CAREFULLY

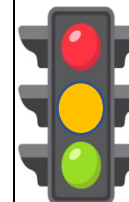
- Ham and Cheese Croissant \$3.00
- Jam and Butter Sandwich
- Snacks
- Jelly Cup \$1.00
- Popcorn \$0.50
- Beverages
- Chocolate/Strawberry Milk \$2.00
- Juice \$1.00

### RED – OCCASIONAL FOOD

- Snacks
- Pocky Chocolate Sticks (47g) \$2.00
- Arnotts Shapes (25g) \$0.50
- Arnotts Tiny Teddy Biscuits (25g) \$0.50
- Red Rock Deli Potato Chips (28g) \$1.00
- Ice Cold
- Zooper Doopers \$1.00
- Ice-creams \$1.00-\$2.00

### The Traffic Light System:

Foods and drinks are classified as **GREEN**, **AMBER** or **RED** according to their nutritional value:



- RED – OCCASIONAL FOOD**
- AMBER – SELECT CAREFULLY FOOD**
- GREEN – EVERYDAY FOOD**

Please write your lunch order bag or note as shown here

CLASS	_____
NAME & SURNAME	_____
FOOD ITEM	_____ PRICE \$.....
	TOTAL \$.....
	MONEY ENCLOSED \$.....
	CHANGE REQUIRED \$.....