

LUNCH ORDER MENU



HEALTHY FOOD & DRINK CHOICES

The South West Sports Centre café follows a healthy choice system called the Traffic Light System.

Foods are rated:

- GREEN:** Range of foods that can make up the base of a healthy diet.
- AMBER:** Foods that are healthy but should be eaten in moderation
- RED:** Foods that do not meet the specified nutrient criteria



Our cafe has made the necessary changes to the Vacation Care menu to comply with the Traffic Light System.

IMPORTANT CAFE INFORMATION

- 1 Orders will be placed in bag with money and sent through to the café by 10.00am each morning
- 2 Please ensure your **NAME** is written clearly on the lunch order form.
- 3 No changes to menu please.
- 4 Orders received **AFTER 10.00am** may be subject to a limited menu
- 5 Be specific with your order eg. flavour of drink
- 6 Icy poles purchased will only be supplied at **LUNCH TIME**



1 Rotary Ave, Bunbury WA

Ph: 9795 2222

www.southwestsportscentre.com.au



VACATION CARE PROGRAM - Lunch Order

NAME: _____

\$ _____

SANDWICHES & SUSHI

- Ham & Salad \$5.50
- Ham & Cheese \$5.50
- Chicken & Salad \$5.50
- Tuna & Salad \$5.50
- Ham , Cheese & Tomato \$5.50
- Chicken & Cheese \$5.50
- Egg \$5.50
- Salad only \$3.00
- Cheese \$3.00
- Vegemite, Jam or Honey \$2.50
- Toasted Extra** 50c

Sushi - 4 Pieces

- Krumb chicken \$5.00
- Chicken teriyaki \$5.00
- Tuna \$5.00

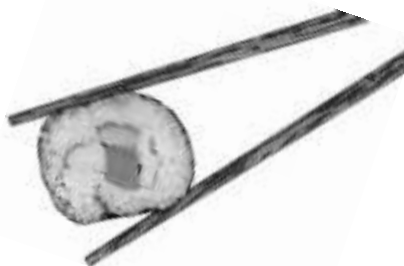
AVAILABLE EVERY DAY

- Cheesie \$2.00
- Sausage Roll \$3.20
- Pie \$4.00
- Lasagne & Salad \$5.50
- Salad Plate \$7.00
- 3 x Chicken Nuggets & chips \$3.50
- 6 x Chicken Nuggets & chips \$6.00
- 3 x Fish Bites & chips \$3.50
- 6 x Fish Bites & chips \$6.00
- Mini Pizza (Hawaiian) \$3.00

- Soup of the Day (seasonal) \$4.00
With bread

DRINKS

- Fruit Box (25%) \$2.00
- Flavoured milk 300ml \$2.50
- Orange C 300ml (25%) \$2.40
- Water 600ml \$2.60
- Apple Juice 500ml (99.9%) \$3.60
- Orange Juice 500ml (99.9%) \$3.60
- Apple & B'current 500ml (99.9%) \$3.50



OTHER

- Fruit cup \$2.20
- Fresh fruit salad \$3.50
- Yoghurt Tub \$2.00
- Yogo Chocolate \$2.00
- Icy pole (lunch only) \$1.30
- Slushie - small \$2.20
- Sauce portion 50c



The correct money is appreciated. Thankyou

DON'T FORGET TO PUT YOUR NAME ON YOUR ORDER