

CHAPMAN PRIMARY SCHOOL CANTEEN

Welcome to our revamped menu. We hope you find the menu pleasing. Our aim is to provide your children with fresh, healthy food they will love. Bearing in mind that a lunch order is also a special treat for many, there will still be yummy treats available. We are also trying to make an effort to keep it simple and FRESH. Over time we hope to continue to introduce new food items on the menu in order to keep it interesting for the children. We have phased out all high salt/fat/sugar products from the menu. Please, if you have any suggestions or ideas they will be most welcome. Please support us and volunteer if you can.

FAQs

Q: Why have some items been removed from the menu (ie choc buds, licorice, Thorpedos, Iced Coffee milk, Chocolate slice)?

A: We have removed all items that are classified as **RED** under the National Healthy School Canteens Strategy. These foods lack nutritional value, are high in saturated fat, and/or added sugar and/or salt. We have replaced these items with healthier, yummy choices. **RED** foods should only be offered once or twice a term. **RED** foods will be available at occasional events such as the school disco, Cupcake Day, Finger Bun Day etc.

Q: What new items have been added to the menu?

A: We have added some new lunch items to the menu – Salad Boxes, including a special 'Jurassic Park' Salad Box that has three tempura chicken dinosaur nuggets. New hot items include – Hokkien Noodles and Potato Bake. New snacks include mini muffins, jelly fruit cups, custard cups, Go-Gurts, frozen fruit pieces, and nachos.

Q: Why have round Pies been replaced with Cruiser Pies?

A: Cruiser Pies come from the Mrs Macs Good Eating Range and are approved for school canteens. They are also easier to hold and less messy.

Bring Your Own APPLE
We will slinky it for FREE



The **TRAFFIC LIGHT SYSTEM** for making healthy food choices:



GREEN

Fill the Menu – Eat Plenty!

Green foods are great foods!



AMBER

Select carefully!

Amber foods are OK, but not every day



RED

Occasionally!

Red in moderation, only on the odd occasion

** National Healthy School Canteens Strategy**