



CANTEEN MENU
Term 4 2018



MEETS
APPROVAL
GUIDELINES



HOT FOOD

| | |
|---|----------------|
| Ham & Cheese Croissant | \$4.00 |
| Meat Pie | \$4.50 |
| Sausage Roll | \$3.50 |
| Chicken Nuggets (GF) | \$0.80c each |
| Crispy chicken wrap <i>with tomato cucumber, lettuce, mayo & chutney</i> | \$5.00 |
| Pasta - Neapolitana, Cheese sauce | |
| Or Bolognaise - 200g (GF) | \$4.00 |
| Chicken Noodles in a Cup | \$3.00 |
| Chicken Burger (GF) <i>(served with lettuce, tomato, cucumber and low fat mayonnaise)</i> | \$4.50 |
| Cheeseburger (GF) <i>(meat pattie made with fresh beef mince served with tomato, lettuce and tomato sauce)</i> | \$4.50 |
| Hog Dog plain, sauce or mustard | \$4.00 |
| ½ Hot Dog plain, sauce or mustard | \$2.00 |
| Add Cheese for 50 cents | |
| Pizza - Ham & Pineapple | \$3.70 |
| Pizza - margherita (tomato & cheese) | \$3.50 (V) |
| Pizza - BBQ Chicken | \$3.70 |
| Fried rice with chicken & fried egg | \$5.00 |
| Nachos | \$4.50 (GF, V) |



WEEKDAY SPECIALS

| | |
|---|--------|
| Monday , Beef Lasagne <i>with side salad</i> | \$5.00 |
| Tuesday , Tacos served with <i>fresh tomato, lettuce, cheese and yoghurt</i> | \$5.00 |
| Wednesday , Pirates Chest <i>(Fish & chips with either sauce or mayo)</i> | \$4.50 |
| Thursday , Fried Noodles (GF, V) <i>with chicken and vegetables</i> | \$5.00 |
| Friday , Teriyaki Beef <i>with rice and salad</i> | \$5.00 |



SANDWICHES AND ROLLS (GF)

| | TOASTED | S/W | ROLL |
|------------------------|---------|-----|--------|
| Buttered (V) | \$1.00 | | \$1.50 |
| Cheese (V) | \$2.00 | | \$2.50 |
| Chicken | \$3.50 | | \$4.00 |
| Ham | \$3.00 | | \$3.50 |
| Vegemite | \$1.50 | | \$2.00 |
| Salad (no meat) (V) | \$3.00 | | \$3.50 |
| Chicken or Ham Salad | \$4.00 | | \$4.50 |
| Toasted Ham and Cheese | \$3.50 | | |
| Toasted Cheese | \$2.00 | | |



Extra fillings add 50c each

Lettuce, cheese, tomato, pickled onion, carrot, cucumber, gherkin

GF (gluten free) V (vegetarian) DF (dairy free) VE (vegan)

SALADS OR WRAPS

| | |
|---|--------|
| Chef Salad (GF, V) | \$4.00 |
| - Cheese, lettuce, tomato, cucumber, carrot | |
| Caesar salad | \$5.00 |
| - Seared chicken, lettuce, bacon, croutons, boiled egg, cheese, and low fat Caesar dressing | |
| - Minus croutons (GF) | |
| Greek Salad (GF) | |
| - Tomato, feta cheese, cucumber, | |
| - Lettuce, olives, | \$4.50 |
| - Add chicken | \$5.50 |
| Chicken Salad (GF) | \$5.00 |
| - chef salad with chicken | |

SNACKS

| | |
|-------------------------------|--------|
| Pop Corn (low salt) (GF) | \$1.50 |
| Red Rock Chips: Sea Salt (GF) | \$1.00 |
| Red Rock Chips: Honey Soy | \$1.00 |
| JJ Chicken Snacks | \$1.00 |
| Ovalteenies | \$1.00 |
| Fruit nuggets (GF) | \$0.60 |

Assorted baked goods Available in the canteen lunch 1 and lunch 2 - 20c to \$2.00

DRINKS

| | |
|----------------------------------|-------------|
| Spring Water (600ml) | \$2.00 |
| Juicee crush (250ml) | \$2.00 |
| - Apple - orange - tropical | |
| - Apple blackcurrant | |
| Classic Milk (375ml) or Big M | \$3.00 |
| Chocolate or strawberry | |
| Glee - Sparkling 99% Fruit Juice | \$2.00 (GF) |
| - Black Current Burst | |
| - Rock 'n' Raspberry | |
| - Tropical Treat | |
| - Bubble Gum Grape | |

Assorted yoghurt smoothies \$2.00 (GF)
Banana, Raspberry, Blueberry, Mango

ICY TREATS

| | |
|---------------------------------------|--------|
| Crusha | \$2.00 |
| Chocolate Shakes | \$2.00 |
| Paddle Pop - (Rainbow, Choc) | \$1.50 |
| Icy Twist | \$1.00 |
| Calippo Minis | \$1.00 |
| Iced Mony (choc, Strawberry) (GF, DF) | 60c |



Squeeze on Tomato Sauce 20c each
Lunch Order Bags (15) \$1.00

HOURS OF OPERATION

Monday to Friday 8:00am to 2:30pm

LATE LUNCH ORDERS

Every effort will be made to get the students lunch prepared, however sometimes we will prepare it for lunch 2 to ensure there is adequate cooking time.

EMERGENCY LUNCH

After a call has been made home to check if anyone is there to bring the lunch up to school; students without lunch will be offered an emergency lunch and fruit for recess and invoiced accordingly

QKR orders - brown paper bags will be supplied from the canteen.

NOTE: If insufficient money for lunch order is included in the lunch order bag, an alternative will be offered.

NO CREDIT ALLOWED

Look out for specials in the **CANTEEN CORNER** section of our school news letter

ESSENTIALS FOR LUNCH ORDERS

Please use lunch order bags

 you can buy 15 from the canteen (\$1)


or


 you can buy brown bags from the supermarket

Important information on lunch order bags

 child's name

 teacher's name

 how much money is enclosed in the bag (correct money if possible)


 if the money for the whole family is in one child's bag **please list all the other children and their teachers names on all the bags**

Please try not to use the following

 Envelopes

 Plastic bags

As we cannot send the child's lunch to class in them

 Staple or tape the bags closed

If the money is placed in one of the bottom corners of the bag and you fold it over a couple of times the money should not fall out



Don't forget you can order lunches using the Qkr! app
- order before 9:00am.

Thank you for supporting our canteen