

# Canteen Menu Term 3 2018

Canteen Days: Tuesday, Wednesday, Thursday & Fridays

All items can be ordered for lunch orders, items such as hot drinks and frozen items are highlighted on lunch bag, the student is then required to pick up these items from the canteen making sure they bring their highlighted bag with them.

Please note our menu is guided by the Victorian Government policy for school canteens and other school food services.

## Every day foods (Green)

### Sandwiches & rolls, wholemeal or white, wraps

Bread & butter	1.20
Roll & butter, wraps (nutlex available)	1.30

With any of the following fillings

Tomato	0.60
Cucumber	0.60
Lettuce	0.60
Beetroot	0.60
Capsicum	0.60
Carrot	0.60
Vegemite	0.60
Cheese	0.60
Ham – 97% fat free	1.50
Roast chicken meat 98% fat free	1.50
Tuna	1.50

### Salads

Tub of salad with lettuce, tomato, carrot, cheese, cucumber	3.50
Tub of salad with meat	4.50

## Hot foods – Available Tues, Wed, Thur, Fri

### Select carefully foods (Amber)

Premium chicken breast Nuggets (bag of 3)	1.90
Corn on the cob - steamed	1.00
Steamed mini dim sims (bag of 3)	1.30
Twista Bolognese 97% fat free	3.80
Macaroni cheese 97% fat free	3.80
<u>Selection of sauces</u>	
Tomato, sweet n sour, soy.	0.30

**To order:** Our preferred method of ordering is by the school QKR app. If your child has not received what they ordered or things don't turn up, they should go to their teacher for assistance. A note will be given and brought back to us, where upon we humbly apologise and fix the problem.

Lunch Wallets \$10.00 All Rounders \$12.00

Printed lunch paper bags 10 for \$1.00

**All hot foods can be ordered with a tub of salad, wrap or sandwich etc if you wish.**

**Wednesday - Friday are the Canteen's busiest days for lunch orders so if you can spare an hour or two to assist, please see Andrea in the Canteen.**

## Selection of foods

### offered on single days only

#### Tuesday only

Crumbed chicken tender strips with lettuce, tomato & mayo in a wrap – Plain or Chilli	5.20
<b>GLUTEN FREE</b> Chicken Nuggets (3)	2.00
<b>GLUTEN FREE</b> Macaroni Cheese	4.70

#### Wednesday only

Hot dogs – skinless	3.50
Cocktail frankfurts – skinless (bag of 5)	2.70

#### Thursday only

Chicken roll & mayo	4.00
Pizza – Ham & Pineapple / Margarita	3.80

#### Friday only

Traveler Pies	3.80
Lite Party Pies	1.30
Lite Sausage Rolls	3.10

### Warm snacks for counter sales

Hot chocolate	2.00
Mini Dim Sims (bag of 3)	1.30

### Snacks

Messy Monkeys (Gluten Free) Burger, Pizza	1.10
Banana Bread	2.00
Grain waves	1.50
JJ Crackers – Chicken or Burger	1.50
Red Rock Deli chips, Honey & Soy	1.50
Plain chips, Salt & Vinegar Chips	1.50
Popcorn – Butter / Salt & Vinegar/Sweet chilli & sour cream	1.40
Apples	0.60
Apples cut into ¼'s and cores removed	0.80

### Cold Drinks

Juices 200ml - apple, apple & blackcurrant, orange	1.80
Mineral water – apple & raspberry, caffeine free cola, orange, lemon & lime.	2.00
Plain natural spring water 600ml	1.30
Focus on Sports Water 350ml no artificial colours, flavours or sweeteners. Raspberry, lemonade, fruit tingle	2.00
Big M Flavoured milk – chocolate, strawberry	2.00
Fresh Milk Cup with sipper straw – Selected Varieties	2.00
Soy Milk Cup with sipper straw – Selected Varieties	2.10
Up & Go – Choc or Strawberry	2.20

### Frozen Treats – to be collected

Paddle pop – Chocolate, rainbow	1.80
Zooper Dooper	0.50
Icy Twist	1.30
Calippo	1.20