

Winter Menu Term 3 2022

Canteen Menu



Daily Specials

Monday	Quesadilla - Crispy tortilla filled with roast chicken, cheese, & salsa	\$5.00
Tuesday	Toasted Chicken Wrap - Crumbed Chicken Tender with cheese, tomato & mayo in a wrap.	\$4.90
Wednesday	Beef Burrito with Rice - Seasoned beef, corn, Mexican tomato rice wrapped in a tortilla.	\$4.60
Thursday	Baked Potato- with Butter \$4.00 Butter & Cheese \$4.80 Coleslaw, beetroot, cheese & sour cream	\$6.30
Friday	Hot Dog with a 250ml milk or juice- * See options below	\$5.20

Everyday Meal Deals

Pizza - Hawaiian, ham & cheese or cheese (V)	Meal deals include a 250ml milk or juice. *see options below	\$5.00
Dinosaur Burger- Chicken Dino Snacks on a roll with mayo		\$5.00

Sandwiches, Rolls & Wraps

<i>Hi-fibre white, or brown bread</i>	Sandwich	Roll/Wrap
Brown rolls + \$1.20-double cut		
Buttered (V)	\$1.20	\$1.90
Vegemite (V)	\$1.50	\$2.20
Cheese (V)	\$2.20	\$2.90
Cheese & Vegemite (V)	\$2.40	\$3.10
Egg/Curried Egg (V)	\$3.00	\$3.70
Virginian Ham	\$3.70	\$4.40
Chicken	\$3.70	\$4.40
Salad *(V)	\$4.00	\$4.70
Cheese salad*(V)	\$4.50	\$5.20
Ham/Chicken salad*	\$5.50	\$6.20

*Salad includes- lettuce, tomato, cucumber and carrot

Extras

Cheese, tomato, lettuce, cucumber,	.80c each
gherkin, beetroot, carrot	.60c each
Spreads-Mayonnaise, mustard	.30c each

Hot and Tasty

Dinkum dog (with/without sauce)	½ \$2.40	\$3.50
Hash brown (V)		.80c
Mini Hash Brown (pkt of 3) (V)		\$1.00
Hot cheese roll (V)	½ \$1.40	\$2.70
Hot ham and cheese roll	½ \$2.50	\$4.60
Pasta Bolognese (homemade)		\$4.20
Macaroni cheese (homemade) (V)		\$4.20
Dino snacks (available at recess)		.60c
5 Dino snacks		\$2.20
8 Dino snacks		\$3.50
Dino Burger		\$3.80
Mini pizza – Hawaiian or ham & cheese (available at recess)		\$1.40
Pizza – Hawaiian / ham & cheese / cheese	½ \$1.80	\$3.30
Fish fingers (V)		.60c
Snack pie (with/without sauce)		\$1.00
Mid - size pie (with/without sauce)		\$3.30
Potato pie (with/without sauce)		\$4.60
Vegetable pasty (with/without sauce) (V)		\$4.20
Sausage roll (with/without sauce)		\$3.30
Garlic bread per slice (V)		.50c
Chicken Tenders (GF)		\$2.00

Thirst Busters

Spring water 600ml	\$1.80
*250ml Juice Box – Orange, Trop, Apple & B/currant, Apple	\$2.30
*250ml Milk Box – Chocolate, Strawberry, Honeycomb	
300ml Juice bottles Mountain Fresh – ‘supporting locals’	\$2.50
Juice flavours- Orange, Tropical, Apple	
375ml Long-life milk- Nippys	\$3.30
Milk flavours- Choc, Strawberry, Banana, Honeycomb	
KrazyKrush- Various flavours- sour included on request	\$2.20
Milk Shakes - <i>Choc/Strawberry</i>	\$2.50
MADE TO ORDER Monday to Thursday only	

Fruit & Custard

Dried apple slices (per bag)	.50c
Fresh fruit - various	\$1.00
Custard – Chocolate or Vanilla	\$1.00

Treats

Home baked cookies	.20c
Home Baked Muffin -Chocolate, Apple Cinnamon	\$1.20
Smiley Faces - 20% fruit juice	.10c
Yoghurt Straps – Pink, Blue, Rainbow	.30c
Jumpies	\$1.00
Noodle Snacks	\$1.00
Chips-JJ’s Chicken	\$1.40
Red Rock Deli – Sea Salt (GF)/Honey Soy Chicken (GF)	\$1.30
Veggie Chips- (V) (GF) BBQ	\$1.20
Smiths Chips- Salt & Vinegar (GF)	\$1.30
Fruit Nuggets (V) (GF)	.50c

Iceblocks

Quelch	½ .30c	.60c
Sour Snaps (GF)		.90c
Ice Mony 99% fruit juice (GF)		\$1.10
Vanilla Ice-cream slice		\$1.00
Lemonade Icy Pole		\$1.00
Frozen Juice Cup		\$1.00
Billa Bong-Rainbow		\$1.10
Life Saver (GF)		\$1.50
Calippo – Raspberry/Pineapple		\$1.50

(V)- Vegetarian GF- Gluten Free

All items on this menu are Green or Amber
foods and are within the Healthy eating guidelines

You can order lunches via the Qkr! app!
Orders placed via the app close at **9.15am daily**.
or – order on a lunch bag via the classroom lunchbox.
Please send money wrapped in paper in a lunch order bag.

CANTEEN INFORMATION

To assist with the smooth running of the canteen and to help parents with ordering lunches, we have provided the following general information.

- ❖ Lunches can be ordered daily on a lunch bag or online using the Qkr App. (Orders close at 9.15am daily. You can order for current week and next week at any time).
- ❖ Our contact number is 8552 1166 ext 36.
- ❖ Recess items can be ordered along with lunch, students must collect these from the canteen at recess time.
- ❖ Icecreams, iceblocks and milkshakes can be included on lunch orders, but cannot be delivered with the lunch order. The lunch bag will be stamped by the canteen and returned in the lunch crate with all the other lunch orders. Students can collect frozen items and milkshakes by bringing their stamped lunch bag to the canteen.
- ❖ Please use black or blue pens when writing orders. Coloured pens and pencils can be very difficult to read.
- ❖ All money, including notes should be wrapped in clean paper.
- ❖ No staples or sticky tape please. Lunch bags can be folded to ensure money doesn't fall out.
- ❖ New menus are sent home to families at the beginning of each term. Copies are also available from the canteen or on the school website. Please check your new menu for price increases and new items.
- ❖ Lunch bags are available from the canteen or you may provide your own.
- ❖ We endeavour to use locally sourced food items wherever possible and make many of our menu items freshly each day.
- ❖ Volunteer help in the canteen enables us to keep prices low and allows us to keep a strong focus on fresh, homemade style food. Each week volunteer request forms are sent home via your child's class teacher. If you cannot make it on your rostered week, we're always happy to arrange another time. Please consider volunteering, children love seeing their parents, grandparents and carers in the canteen.
- ❖ When writing out a lunch order, please use the teacher's name and not the class number.

