

THE LUNCH BOX



WINTER MENU Terms 2 and 3 2023

RECESS ITEMS



CHEESIE 🖐️	- with tomato sauce	\$2.00
HALF CHEESIE 🖐️	-with tomato sauce	\$1.00
FROYO2GO	- frozen yoghurt, various flavours	\$2.00
MILO 🖐️	- warm or cold	\$2.00
HALF A SCONE 🖐️	- with butter and jam	50c
FRUIT JELLY CUP 🖐️		\$1.50
APPLE SLINKY 🖐️		\$1.00
POPCORN 🖐️		\$1.00
PIKELETS	- x 2 with butter	\$1.50
FRUIT TOAST	-2 slices	\$2.00
HAM AND CHEESE SCROLL 🖐️		\$2.00
VEGEMITE SCROLL 🖐️		\$1.80

(🖐️ **HANDMADE IN THE CANTEEN**)

LUNCH ITEMS

Hot Box 🖐️ -Crispy chicken breast nuggets served with carrot or cucumber, garlic bread, mini muffin <u>or</u> popcorn and your choice or water <u>or</u> a juice box	\$7.50
Penne Napolitana	\$4.60
Pumpkin soup – Served with small bread roll	\$3.60
Butter Chicken and Rice	\$4.60
Pizza Slice – Hawaiian, Bacon or Margherita	\$4.00
Crispy Chicken (hot) Wrap 🖐️ with salad and sauce (tomato, sweet chilli or bbq)	\$5.50
Beef Lasagne	\$4.60
Spaghetti Beef Bolognese	\$4.60
Macaroni Cheese	\$4.60
Fried Rice – Chicken <u>or</u> Veg 🖐️ *Low Gluten*	\$4.60
Garlic Bread 🖐️	\$1.80
Chicken Goujons x5	\$3.50
Vegetable cup	\$2.00

SANDWICHES, ROLLS, WRAPS, BAGELS 🖐️

Salad includes: lettuce, cucumber, carrot. Please state if you do want mayo or do want tomato

• Vegemite, butter	\$3.00
• Egg (free range) and salad	\$5.00
• Ham and salad	\$5.00
• Chicken and salad	\$5.00
• Tuna and salad	\$5.00
• Cheese and salad	\$4.00
Extra filling (egg <u>or</u> cheese)	add 50c

TOASTED SANDWICHES 🖐️ (add 30c for pineapple or fresh tomato)

Cheese	\$4.20
Ham and cheese	\$4.50
Ham, cheese and pineapple	\$4.70
Chicken and cheese	\$4.50

PIZZA POCKETS 🖐️ **Please write 'NO SALSA' if you don't want salsa**



Ham, cheese and salsa	\$4.50
Chicken, cheese and salsa	\$4.50
Hawaiian (Ham, cheese, pineapple, pizza sauce)	\$4.70
Mexican (chicken, avocado, spinach, cheese, salsa)	\$5.00

LUNCH ITEMS continued

AVAILABLE MONDAY, WEDNESDAY AND FRIDAY

LUNCH BOX (cold) 🖐️ **\$7.00**

Cheese slices, gluten free rice crackers, carrot sticks and cucumber sticks. Choose: mini muffin or popcorn and water or juice box



SALAD TRAY 🖐️ **\$5.50**

Lettuce, carrot, cucumber & tomato – choice of chicken, ham or egg

DRINKS and ICE CREAMS

Juice Box-100% fruit juice(Apple, Apple/Blackcurrant, Tropical or Orange)	\$2.00
Flavoured milk (Chocolate, Honeycomb <u>or</u> Strawberry)	\$2.20
Glee - 99% sparkling fruit juice (Blackcurrent, Raspberry, Grape, Tropical, Watermelon sour, <u>Blueberry sour</u>)	\$2.20
Water	\$1.50
FroYo2Go frozen yoghurt (various flavours)	\$2.00
<u>Available at lunchtime only: (not available for kindy or pre-primary)</u>	
Icy Pole - 100% fruit juice stick (various flavours)	Half 50c Full \$1.00
Paddle Pop	\$2.00
Frozen Jelly cups	\$1.00

MONDAY SPECIALS

Meatball Sub – Served with a choice of sauce and/or Cheese \$6.50

Hot chicken Sub – Served with choice of Cheese and/or Mayo \$6.00

Vege Sub – Served with a choice of Cheese and/or Mayo \$6.00

Nachos 🖐️ \$5.20

**Tortilla chips, baked with salsa and melting cheese
add chicken 70c**

Baked Potato 🖐️

**Served with choice of fillings – Cheese, Ham and Cheese, Baked Beans
or Tuna \$5.00**

WEDNESDAY SPECIALS

Baked Potato 🖐️

**Served with choice of fillings – Cheese, Ham and Cheese, Baked Beans
or Tuna \$5.00**

Nachos 🖐️ \$5.20

**Tortilla chips, baked with salsa and melting cheese
add chicken 70c**

FRIDAY SPECIALS

3 Party Beef Pies \$4.00

Beef Cruiser Pie \$4.20

Sausage Roll \$4.50

Spinach & Ricotta \$4.00

Tomato sauce or Sweet chilli sauce 40c

ORDERING GUIDELINES

- ★ **Use the current menu, or substitutions will have to be made at the managers' discretion**
- ★ **Orders need to be placed on QKR by 9am in order for your requests to be met.**
- ★ **All children are to collect their recess orders at the canteen, the items are located in the room boxes on tables outside the canteen. All lunch orders are delivered to the classrooms by lunch monitors.**
- ★ **Recess items can be pre-ordered on QKR or items can be purchased at recess. We encourage pre-orders for recess, so we do not sell out of your favourite choices.**
- ★ **Ensure that daily specials are followed. We don't like to disappoint our customers but we can only supply these on the days shown.**
- ★ **Parents – please keep an eye on your children's orders to help ensure these requests are followed. This contributes towards a smoother operation of the canteen and helps to encourage our volunteers to keep coming back!**
- ★ **If for some reason your order fails to go through on QKR and your child receives recess and/or lunch by request, we ask that you kindly use the "Adjustments" icon on QKR to make payment that is owed.**

Our P & C operated canteen provides healthy lunches and snacks at sensible prices. It is run as a service to the parents and has the aim each year to break even financially (staffing and costs included). Any profits made are returned to the P and C for the benefit of the students.

Most of our items are prepared and baked from scratch in house. We regularly conduct research to find new recipes to update our menu in line with current nutritional guidelines. We're guided by the Department of Education & Training Healthy Food and Drink and 'Traffic Light' policy, implemented March 2008.

Our food license does not allow us to have any raw meat on the premises or to deep fry any food product. We are inspected on a six monthly basis by the Department of Health, so you can rest assured we have your child's safety at heart.

The Canteen Managers are present at every shift, but we could not operate without the help of volunteers. As such, help is needed and appreciated from parents, carers, grandparents, aunts/uncles etc. who are willing to donate their time for canteen duty. It is a great way to meet other parents within the school community and the children always love having you there. If you wish to volunteer, simply come to the canteen to find out what's involved. We welcome any help, whether it is once per term or more! You don't need to be able to cook. You can email us at shelleycanteen@gmail.com. There is a role for everyone

