



Canteen Menu Term 1 2023

ALL Lunch orders need to be made online:



<https://quickcliq.com.au/>

Orders must be in before 9am. Orders can be made 4 weeks in advance.

Online ordering is contactless and easy. Quickcliq also helps us to accurately predict food orders.

Less wastage = lower food costs!

We are always in need of **volunteers** particularly now that we are running a predominantly **HOMEMADE** menu.

Our meals contain plenty of **vegetables** (often hidden). We also use wholemeal bread and flours, decrease the amount of sugar in most recipes and avoid nasty additives where possible.

Please let us know if you Or a family member can donate some of your time. Volunteers help us to keep food costs down.

Students LOVE having a parent Or family member help out at the canteen!

Vegetarian & Gluten Free options available, check Quickcliq for more details

Snacks

A selection of the following:

- ☺ Pizza \$1.50 (G)
- ☺ Cookies 50c (A)
- ☺ Jelly Cup \$1.00 (A)
- ☺ Boiled Egg \$1.20 (G)
- ☺ Rice Crackers & Cheese \$1.50 (G)

- ☺ Popcorn 50c (G)
- ☺ Yoghurt \$1.50 (A)
- ☺ Fresh Fruit \$1 (G)
- ☺ Muffins \$1 (G)
- ☺ Homemade Custard \$1 (A)
- ☺ Watermelon \$1 (G)
- ☺ Hash Browns \$1 (A)



Lunch

Homemade Hot Meals (G)

~ \$5.00 Mac & Cheese, Pumpkin Soup & Bread roll

~ \$5.50 Lasagna, Spaghetti Bolognese, Butter Chicken & Rice

Salad Bowl \$5.50 (G) Available Mon-Thursday Filled with seasonal vegetables, cheese & 1x protein of your choice (chicken, ham, egg or tuna). Inc a vinaigrette dressing.

Sandwiches ~ \$2.00 (G)

Make it a roll Or wrap add \$50c

We use Bakers Delight Bread and Rolls

- ☺ Ham Or Egg \$1.20
- ☺ Chicken Or Tuna \$1.50
- ☺ Cheese 80c
- ☺ Baked Beans 50c
- ☺ Toasted 50c
- ☺ Salad \$1.00 (lettuce, tomato, carrot & cucumber)

Condiments and Vegemite 25c

Drinks

- ☺ Flavored Milk \$2.50 (G)
- ☺ HI Lo Milk \$2.00 (A)
- ☺ Juice Box \$1.80 (G)
- ☺ Juice Bomb \$2.50 (A)
- ☺ Water \$1.50 (G)

Frozen Treats

- ☺ Vanilla Tub \$2 (A)
- ☺ Lemonade Icy Pole \$2 (A)
- ☺ Paddle Pop \$2 (A)
- ☺ Quelch 1.00 (A)
- ☺ Frozen Watermelon \$1 (G)

Daily Specials

Monday

Hot Chicken/Pulled Pork Roll \$5.00 (G)

Fresh roasted Chicken breast & mayonnaise Or pulled pork & bbq sauce

Sausage Sizzle \$4.00 (A)

BBQ Sausage with your choice of Sauce.

Tuesday

Snack Box \$5.50 (G)

Seasonal fruit & vegetables, cheese, rice crackers & a protein of your choice (Ham Or Egg)

Dino Snacks & Potato Gems \$5.00 (A)

Tempura Chicken Dino Snacks served with Potato Gems and sauce of your choice.

Wednesday

Chicken Strip Wrap \$5.00 (G)

Hot crumbed chicken strip with salad & mayo in a large wholemeal wrap.

Thursday

Burgers \$5.50 (G) Beef Or Chicken

Large fresh roll with salad (lettuce, tomato, carrot & cucumber) with your choice of condiment.

Friday

Pastries \$4.00 (A)

Beef Pie, Sausage Roll, Spinach & Ricotta Roll.

Party Pies \$1.50 Each (A)

Tomato Or BBQ Sauce 25c



Please encourage your child to make healthy food choices - we do!

G- Green (Healthiest Choice)

A- Amber (Eat in moderation)