

Edgewater Primary School Canteen



2020 Menu

Please go to

www.QuickCliq.com.au

to order lunches online or place a lunch order at the Canteen.

Orders MUST be paid for on the day of ordering. Children with late orders or forgotten lunches will be offered a simple sandwich and asked to pay the following day.

0436 919 883

canteen@edgewaterpandc.com

The Canteen is run by Kerry & the "Can-Team" (Canteen Committee, Edgewater P&C). We are always in need of volunteers to help out, particularly now that we are running a predominantly **HOME MADE** menu, containing 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 can donate some of your time. Every volunteer will receive a **\$5 canteen credit** to be used on the day of service.

Students love having a parent at the Canteen!

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

Before School

- Milo (warm or cold) \$2
- Coffee or tea (adults) \$2

Morning Recess

A selection of the following:-

- Pizza \$1 (G)
- Large GF Choc Muffins \$1 (A)
- Small GF Choc Muffins 50c (A)
- Carrot/Banana Muffins 50c (A)
- Watermelon Icy Poles 50c (G)
- Apple Slinky \$1 (G)
- BYO Apple Slinky 50c (G)
- Jelly & Fruit Cup 50c (A)
- Popcorn 50c (G)
- Yoghurt \$1 (A)
- Fresh Fruit 50c - \$1 (G)
- Custard \$1 (A)

Lunch Recess

- Icy Poles 50c (A)
- Icy Twist \$1.50 (A)
- Vanilla Tub \$1.50 (A)
- Paddle Pops \$2 (A)

Lunch

Hot Meals - \$4.50 (G)

Lasagne (GFO), Macaroni & Cheese, Spaghetti Bolognese, Rainbow Risotto (GF), Sausages & Mash (GF), Butter Chicken (GF), Soup & Bread Roll.

Salad Bowl - \$4.50 (G)

Lettuce, cucumber, tomato, carrot and choice of TWO toppings – grated cheese, chicken, egg, ham or tuna.

Sandwiches/Rolls/Wraps (G)

2 slices of bread, roll or wrap (all wholemeal) - \$2, plus

- Tuna/Chicken/Egg \$1
- Ham (1 slice) 50c
- Cheese 50c
- Baked Beans 50c
- Salad (lettuce, cucumber, carrot, tomato) - \$1
- Vegemite (free)
- Mayo/Chutney (free)
- Tomato 50c
- Toasted 50c

Daily Specials

Items will only be sold on the day they are offered.

Monday – Hot Chicken/Pulled Pork Roll \$4.50 (A)

Chicken breast and mayo or pulled pork and BBQ sauce served in a wholemeal roll

Tuesday – GF Snack Box \$4.50 (G)

Cut up fruit & veggies, cheese & crackers, egg or ham

Wednesday – Chicken Strip Wrap \$4.50 (G)

Crumbed chicken strip with cheese and salad in a wholemeal wrap

Thursday – Burgers \$4.50 (G)

Chicken or beef burgers with cheese and salad in a wholemeal roll

Friday – Pastries (A)

- Sausage Roll \$4
- Beef Cruiser Pie \$4
- Spinach & Ricotta Roll \$4
- Party Pie \$1.50

Drinks

- Flavoured Milk \$2.50 (G)
- Juice Bombs \$2.50 (A)
- Nudie Juices \$1.50 (A)
- Woolworths Juice Boxes \$1 (A)
- Water \$1 (G)

G – Green (healthiest choice)
A – Amber (eat in moderation)

Check the blackboard outside the Canteen for specials, availability, flavours & further information