



# CANTEEN MENU TERM 2, 2023

All items to be pre ordered



## Recess

Warm or Cold Milo 250ml (LF option add 50c)	\$2.00
Full Cheesy (V)**	\$1.70
Popcorn Bag (GF)	\$0.50
Plain Pikelet** (limit of 2, served warm)	\$0.50
- with butter or jam	\$0.20
Fruit Cup (GF)	\$1.50
Low Fat Yoghurt (GF) (Strawberry)	\$2.20
Fruit Muffin**	\$1.20

## Drinks

Juice box (Apple or orange)	\$2.00
Bannister Downs Choc Milk 200ml	\$1.70
Bannister Downs Mango Smoothie 200ml	\$1.70
Bottled water	\$1.50

## Gluten Free Meals

Pasta Bolognese** (+ cheese 50c)	\$5.00
Fried Rice**	\$4.20

## Everyday Lunch

Nugget Snack Pack	\$4.80
(4 x nuggets, vege sticks, orange slices, cheese and crackers)	
Chicken Noodle Soup or Pumpkin Soup (GF)**	\$4.50
- Dinner roll OR garlic bread included, please select one	

V -Vegetarian      GF - Gluten Free      LF- Lactose Free

\*\* Homemade in the canteen

## Sandwiches, Rolls and Wraps\*\*

Cheese (V)	\$2.50
Ham <b>OR</b> Chicken	\$3.30
+Cheese	\$0.60
+Salad (V)	\$0.80
+Egg	\$0.60
+Mayo/Aioli/Sauce	\$0.50
Change to a Roll	\$0.30
GF Bread	\$1.00



## Toasted Sandwiches\*\*

Cheese (V)	\$2.50
Ham & Cheese	\$3.00
Ham, Cheese and Pineapple	\$3.50
Ham, Cheese and Tomato	\$3.50
Chicken & Cheese	\$3.00
Chicken, Cheese & Mayo	\$3.50
Spaghetti or Beans (V)	\$2.50
GF Bread	\$1.00

## Lunch Treats

Half Quelch Icy Pole	\$0.50
Quelch Icy Pole	\$1.00
Frozen Fruit & Yoghurt Pop**	\$1.00
Ice cream in a Cone	\$2.00
Apple Jaffle**	\$2.50
Billabong	\$2.00

\*\*TRAFFIC LIGHT SYSTEM\*\*

Healthiest choice

A sometimes choice

Off the menu

EMPS does not sell red items

## Specials

### Pizza Wednesday

Ham & Pineapple Pizza**	\$3.00
BBQ Chicken Pizza**	\$3.00

### Pastry Thursday

Sausage Roll	\$3.80
Party Pie (limit of 3)	\$1.10
- Add Tomato/BBQ sauce	\$0.50

### Burger Friday

Hamburger (includes salad, cheese, sauce)	\$6.00
Vege Burger (includes salad, cheese, mayo)	\$4.70
Chilli Tender Roll (includes lettuce, cheese, mayo)	\$5.20

### TAKE HOME PACKS

Envelopes (25)	\$3.50
Envelopes (10)	\$1.50

To pre-order using class baskets for recess items - Write recess and order on envelope and drop into lunch basket. Your child must pick up the items from the canteen at recess time.

Canteen is open Wednesday – Friday

9:30am til 1:30pm.

Phone: 9771 9214

For online ordering go to:

[www.quickcliq.com.au](http://www.quickcliq.com.au) (cut off is 9am)

If using the class baskets for your order:

Please write your child's name, room number and order on an envelope. Enclose money, and then place in the lunch basket in the classroom.

Any queries, please contact Elcin.

