



## CANTEEN – WINTER MENU 2023

ORDER ONLINE – [www.quickcliq.com.au](http://www.quickcliq.com.au)

### MORNING RECESS

|                                  |      |
|----------------------------------|------|
| Honey Joys                       | .50  |
| Pikelets                         | .50  |
| Muffins (Homemade)               | 2.00 |
| Brownies Yoghurt                 | 2.50 |
| Rice Bubbles Slice               | 1.50 |
| Cheesies                         | 1.50 |
| Nachos                           | 2.50 |
| Goujons                          | .50  |
| Fruit                            | 1.80 |
| Swirls                           | 1.50 |
| Mini Ham & Cheese Muffins        | .50  |
| Ham Pizza(Homemade)              | 1.50 |
| Veggie Sticks & Dip              | 3.00 |
| Apple Slinky                     | 1.80 |
| Anzac Biscuits                   | 1.00 |
| Healthy Choc Coconut Bliss balls | 1.00 |
| Fruit Salad Cup                  | 3.00 |
| Choc Chip Cookie                 | 1.00 |

### ICE CREAM

|                         |      |
|-------------------------|------|
| Ice Cup                 | .50  |
| Pineapple Rings         | .50  |
| Juicy                   | 1.50 |
| Vanilla Ice Cream Cup   | 2.50 |
| Brownies Yoghurt        | 2.50 |
| Frozen Oranges          | .30  |
| Paddle Pop              | 2.50 |
| Froyo                   | 3.00 |
| Brownies Frozen Yoghurt | 3.00 |

### DRINKS

|                               |      |
|-------------------------------|------|
| Plain Milk                    | 1.50 |
| Choc Milk                     | 2.50 |
| Pink Milk                     | 2.50 |
| Banana Milk                   | 2.50 |
| Orange/Tropical/Apple/Apple & |      |
| Blackcurrent Juice            | 2.00 |
| Water                         | 1.60 |

### Celiac Safe Food

Products with preservatives and colouring that should be avoided

### LUNCH

#### Salads:

|                         |      |
|-------------------------|------|
| Salad                   | 5.10 |
| Salad with Tuna         | 6.00 |
| Salad with Goujons      | 6.00 |
| Salad with Ham          | 6.00 |
| Salad with Chicken      | 6.00 |
| Salad with Fish         | 6.00 |
| Fruit Salad             | 4.50 |
| Fruit Salad & Ice Cream | 5.50 |
| Fruit Salad & Yoghurt   | 5.50 |

#### Sandwiches

(Wholemeal/no butter on request)

|                         |      |
|-------------------------|------|
| Salad                   | 3.50 |
| Salad & Tuna            | 4.30 |
| Salad & Free Range Eggs | 4.30 |
| Salad & Cheese          | 4.30 |
| Salad & Chicken         | 4.30 |
| Salad & Ham             | 4.30 |
| Without salad           | -.80 |
| Vegemite                | 1.80 |
| Curried Egg             | 4.20 |

#### Extras:

|                       |      |
|-----------------------|------|
| Cheese                | .80  |
| Beetroot              | .80  |
| Rolls                 | 1.00 |
| Pita Bread (Homemade) | 1.00 |
| Gluten Free Bread     | 1.00 |
| Boiled Eggs           | .80  |

#### Toasted Sandwiches

(Wholemeal on request)

|                        |      |
|------------------------|------|
| Cheese                 | 2.60 |
| Cheese & Tomato        | 3.00 |
| Baked Beans (Homemade) | 3.50 |
| Ham                    | 3.80 |
| Free Range Egg         | 3.80 |
| Chicken                | 3.80 |
| Cheese & Chicken       | 4.40 |
| Cheese & Ham           | 3.50 |
| Tuna & Cheese          | 3.60 |
| Cheese, Ham & Tomato   | 4.60 |
| Extras: Cheese or Mayo | .80  |

#### Hot Foods:

|                                    |      |
|------------------------------------|------|
| Macaroni Cheese                    | 4.50 |
| Bolognaise Twirls                  | 4.50 |
| Lasagne                            | 4.50 |
| Vegetarian Lasagne                 | 4.50 |
| Baked Potato (any filling)         | 4.50 |
| Egg & Ham Tartlets                 | 2.50 |
| Salad extra                        | 2.80 |
| Sauces (Chilli/Yoghurt/Sour Cream) | .60  |
| Tomato Soup & Dinner Roll          | 4.00 |

### MEAL DEALS

#### Monday:

Pizza:

|                                  |      |
|----------------------------------|------|
| Vegetarian/Bacon Blitz/Pineapple | 4.00 |
| Extra cheese                     | .60  |
| Homemade Mini Quiche:            |      |
| Vegetarian/Ham/Ham & Corn        | 2.50 |
| Sausage Roll                     | 3.40 |
| Meat Pie                         | 3.90 |
| Party Pie                        | 1.40 |
| Sauce                            | .30  |

#### Wednesday:

|                                   |      |
|-----------------------------------|------|
| Large Hamburger & Salad           | 5.00 |
| Soup of the Week & Dinner Roll    | 5.00 |
| (check previous weeks newsletter) |      |

#### Friday:

|                                 |      |
|---------------------------------|------|
| Teriyaki Chicken Meal with Rice | 6.50 |
| Sushi:                          |      |
| (Vegetarian/Chicken/Tuna) x 4   | 5.10 |
| x 6                             | 6.50 |
| Fish Burger                     | 5.00 |
| Warm Chicken Wrap & Salad       | 5.00 |

Please mark bags with Child's Name, Class, Lunch Order and Value

Leanna Wightman 0414 953 958

The Canteen is very happy to be flexible with dietary needs