

* Indicates items free of certain additives (see over page for list)

GF Indicates Gluten Free Products

V Indicates Vegetarian

ASIAN MEALS

MONDAYS ONLY
Please give an alternative on lunch order bag

Fried Rice with Chicken	5.00
Vegetarian Hokkien Noodles V	5.00
Lamb Rogan Josh with rice	5.00
Beef Masaman with rice	5.00

GRILLED CIABATTA

TUESDAYS ONLY
Please give an alternative on lunch order bag

Chilli Chicken Strips, Tomato, Baby Spinach, Onion, Cheese, Sweet Chilli Mayo	5.00
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Chicken Schnitzel Strip, Tomato, Baby Spinach, Onion, Cheese, Mayo	5.00
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Chargrilled Peppers, Sundried Tomatoes, Black Olives, Baby Spinach, Cheese, mayo V	5.00
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SUSHI GF

WEDNESDAY
ONLY

Smoked Salmon /Teriyaki Chicken/Cooked Tuna / California Rolls	2.50
Vegetarian V / Pumpkin and Avocado V	2.50
Soy Sauce	

WEDNESDAY ONLY

Butter Chicken with Rice GF contains almond meal	5.00
Malaysian Chicken with Rice GF	5.00
Dahl V	5.00

½ VIETNAMESE ROLL

THURSDAY ONLY
Please give an alternative on lunch order bag

Thai chicken / Butter Chicken contains almond meal	2.50
Roast Pork / Tofu V	

BAGUETTES (White or Wholemeal)

Chilli Chicken Strip, Carrot, Lettuce, Mayo	3.50
Chicken Schnitzel Strip, Carrot, Lettuce, Mayo	3.50
Chicken *, Carrot, Lettuce, Mayo	3.50
Meatballs, Tomato Sauce, Lettuce, Grated Cheese	3.50
ORDERS ONLY	
Chicken and Salad ORDERS ONLY	4.00
Falafel, Carrot, Lettuce, Tzatziki V	
Salad = Lettuce, Cucumber, Tomato, Grated Carrot, Mayo	

SANDWICHES (Wholemeal Only) – ORDERS ONLY

Add 50c gluten free Add 50c for toasting

GF bread is available. MARK clearly on lunch order.

Buttered	1.20
Vegemite	1.60
Light Cheese* GF	3.70
Salad: Lettuce, Cucumber, Tomato, Grated Carrot, Mayo GF	3.70
Meat: Chicken* GF or Ham GF	3.70
Light Cheese and salad* GF	4.20
Meat: Chicken* or Ham and salad GF	4.20

Salad = Lettuce, Cucumber, Tomato, Grated Carrot, Mayo GF

WRAPS - ORDERS ONLY

Chicken * and Salad	4.20
Chilli Chicken Strips and Salad	4.20
Chicken Schnitzel Strips and Salad	4.20
Falafel, Tzatziki and Salad V	4.20

Salad = Lettuce, Cucumber, Tomato, Grated Carrot, Mayo

HOT FOOD

Garlic Bread (9 inch)	2.00
Pizza: Ham & Pineapple/Cheese & Bacon ORDERS ONLY	2.50
Potato Wedges (about 150g)	2.00
Hot Dog NO sauce ORDERS ONLY	3.50
Hot dog WITH sauce	3.70
Light pie	3.70
Light potato pie	3.70
Light Sausage roll	3.70
Spinach and cheese roll	3.70

 New Square Chicken & Veg Pie **ORDERS ONLY** 4.50

 New VEGAN Summer Roasted Vegetable Pasty **ORDERS ONLY** 4.50

 GF Sausage Roll **ORDERS ONLY** 4.50

Tomato sauce* .20

Sweet chilli sauce .20

BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.20
Beef: Beef patty, lettuce e, mayo, tomato sauce*	4.20
Chicken: Crumbed chicken patty, lettuce, mayo*	4.20
GF Chicken Tender Burger, lettuce, mayo and GF roll	4.50
New GF Beef Burger, lettuce, mayo and GF roll	4.50
MARK GF clearly on lunch order.	

SNACKS

New Apricot and coconut balls GF	0.50
Grainwaves	1.00
Chips: plain*, honey soy, BBQ veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.70
Banana bread*	2.00
ICE BLOCKS OVER THE COUNTER ONLY	
Fruit tubes	0.50
Moo - Strawberry/Chocolate*	1.00
Lifesaver Icy Pole*	1.00
Lemonade Icy Pole*	1.00
Frosty Fruit*	1.00
New Twisted Frozen yoghurt – Watermelon & Mango GF	2.00

DRINKS

500ml NU Water	1.50
600ml NU Light Sparkling water	1.50
250ml Golden Circle (Apple, Apple Blackcurrant, Orange) *	1.50
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
250ml Oak Strawberry*/Chocolate*	2.00
450ml Golden Circle (Apple/Orange/ Apple Blackcurrant) *	2.20

EXTRAS

Spoon/Fork	.10
Mayo*	.10
Tomato Sauce*	.20
New Sweet Chilli Sauce	.20
Light cheese slice*	.20
Salad item* (lettuce or cucumber or tomato or grated carrot)	.50

Canteen Procedures and Rules – 2020

ALL STUDENTS please print your name, class and year level CLEARLY on your lunch order bag so we can read it easily.

Ordering

EFTPOS Payments \$5.00 minimum

Junior Student parents / caregivers can place lunch orders at the canteen from after the start of school bell 8:35

Secondary Student can place lunch orders at the canteen from 8:30 until the start of school bell 8:35

Junior Student Cash Orders

Please place your lunch order in the class Canteen lunch box. The class Canteen box will be taken to the Canteen by the class monitors.

Junior Recess Orders

Junior students must place an order for recess and collect it from the Canteen at recess time. Place the recess order in the Canteen lunch box. Mark items required for recess clearly on your order and come and collect it from the canteen at the start of recess. The Canteen window is not open for sales at Junior School recess.

Secondary Student Cash Orders

Please place your orders by 9.30am in the blue Canteen box outside Reception.

Secondary lunches can be collected from the Canteen in the first 10 minutes of lunchtime.

All Students Late For School

Lunch orders can be left at Student Services or Reception before 9.30am. If students arrive after 9.30am, they are required to take their orders direct to the Canteen.

Teachers

Please order lunches before 9.30am and place in the blue Canteen box outside Reception.

NOTE:

There will be no orders taken at recess time unless a student is late to school.

Please do not order ice blocks. They can be purchased direct at lunchtime.

Should orders miss the deadline, not all items are available, e.g. hot dogs, burgers, wraps, sandwiches

There are some foods that can only be purchased if ordered, e.g. sandwiches, rolls, wraps and spaghetti

Emergency Lunches

Junior Students

The Canteen **does not provide** credit. Junior students forgetting their lunch or money should report this to their teacher as soon as possible.

They should go to Student Services or Reception by 9.30am, where arrangements will be made with the Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Secondary Students

Report directly to the Canteen Manager. Canteen to supply an emergency lunch (a piece of fruit for recess \$1.20 and baguette for lunch \$3.50). Payment will be required the following day.

Lunch Bags

Please ensure a supply of lunch bags is kept at home. Lunch bags can be collected from the Canteen or at Student Services.

* Indicates items free of the below additives

AVOID THESE ADDITIVES

COLOURS	102, 104, 110, 122, 123, 124, 127, 129, 132, 133, 142, 143, 151, 155 natural colour 160b (annatto)
PRESERVATIVES	<i>Sorbates:</i> 200, 201, 202, 203 <i>Benzoates:</i> 210, 211, 212, 213 <i>Sulphites:</i> 220, 221, 222, 223, 224, 225, 226, 227, 228 <i>Nitrates, nitrites:</i> 249, 250, 251, 252, <i>Propionates:</i> 280, 281, 282, 283
SYNTHETIC ANTIOXIDANTS	<i>Gallates:</i> 310, 311, 312 <i>TBHQ, BHA, BHT:</i> 319, 320, 321
FLAVOUR ENHANCERS	<i>Glutamates incl MSG:</i> 620, 621, 622, 623, 624, 625 <i>Ribonucleotides:</i> 627, 631, 635 <i>Hydrolysed Vegetable Protein (TVP)</i>
ARTIFICIAL FLAVOURS	No numbers since they are trade secrets