

Canteen Menu

Term 1 2019

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

GF Indicates Gluten Free Products

V Indicates Vegetarian

SUSHI		WEDNESDAY ONLY	
Smoked Salmon	GF/Teriyaki Chicken/Cooked Tuna	GF/	2.50
Vegetarian	GF/California Rolls	GF	2.50
Soy Sauce			.10

Chicken "cold roll" Salad	WEDNESDAY ONLY	5.00
Beef "cold roll" Salad	WEDNESDAY ONLY	5.00

Butter Chicken with Rice	GF (contains almond meal)	5.00
Malaysian Chicken with Rice	GF WEDNESDAY ONLY	5.00

½ VIETNAMESE ROLL		THURSDAY ONLY	
Please give an alternative on lunch order bag			
Thai chicken / Butter Chicken / Roast Pork / Tofu	V	2.50	

BAGUETTES - White or Wholemeal			
Meatballs, tomato sauce, lettuce, grated cheese	ORDERS ONLY	3.50	
New Falafel, carrot, lettuce, mayo	V	3.50	
Chilli chicken strip, carrot, lettuce, mayo		3.50	
Chicken strip, carrot, lettuce, mayo*		3.50	
Chicken and salad*		4.50	
*Salad=lettuce, cucumber, tomato, grated carrot, mayo			

SANDWICHES - Wholemeal Only - ORDERS ONLY			
Buttered		1.20	
Vegemite		1.60	
Light Cheese*		3.00	
Salad: lettuce, cucumber, tomato, grated carrot, mayo		3.50	
Meat: Chicken* or Ham		3.50	
Light Cheese and salad*		4.00	
Meat: Chicken* or Ham and salad		4.00	
*Salad=lettuce, cucumber, tomato, grated carrot, mayo			
GF bread is available. MARK clearly on lunch order.			

WRAPS - ORDERS ONLY			
Chicken & salad*		4.00	
Chilli chicken strips, lettuce, carrot, mayo		4.00	
Chicken strips, carrot, lettuce, mayo*		4.00	
New Falafel, carrot, lettuce, mayo	V		
*Salad=lettuce, cucumber, tomato, grated carrot, mayo		4.00	

SALADS - ORDERS ONLY			
Ham & salad		4.00	
Cheese & salad* GF		4.00	
Chicken & salad* GF		4.00	

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

HOT FOOD			
Vegetarian spring roll*		1.00	
Garlic Bread		2.00	
Pizza: Ham & Pineapple/Cheese & Bacon		2.00	
Potato wedges		2.00	
Hot dog NO sauce		3.30	
Hot dog WITH sauce		3.50	
Light pie		3.50	
Light potato pie		3.50	
Light pizza pie		3.50	
Light Sausage roll		3.50	
Spinach and cheese roll		3.50	
Meat Pasty	ORDERS ONLY	4.00	
Wholemeal vegetarian pasty	ORDERS ONLY	4.00	
Gluten Free Sausage Roll		4.50	
Tomato sauce*		.20	

BURGERS - ORDERS ONLY			
Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo		4.00	
Beef: Beef patty, lettuce, mayo, tomato sauce*		4.00	
Chicken: Crumbed chicken patty, lettuce, mayo*		4.00	
GF is available in the chicken with GF bread.			

MARK clearly on lunch order.

SNACKS			
3 Jatz biscuits*		0.30	
Fruit strap*GF		0.50	
Go cookie*		1.00	
Grainwaves		1.00	
Chips: plain*, honey soy, veg chips	GF	1.00	
Fruit in season*		1.20	
Light choc muffin		1.50	
Gingerbread kids		1.60	
Banana bread*		2.00	

ICEBLOCKS (over the counter ONLY)			
SLUSHIES (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	
Juicies*		1.00	
Frozen yoghurt - strawberry		2.00	

DRINKS			
500ml Thank You Water*		1.50	
250ml Just Juice*		1.50	
250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)		2.00	
250ml Oak (Strawberry*/Chocolate*)		2.00	
350ml Golden Circle: Apple/Orange/Apple		2.20	
Blackcurrant*			

Canteen Procedures and Rules – 2019

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

Ordering

Junior Student 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. The Canteen window is not open for sales at Junior School recess. Junior students are not to come to the Canteen window at recess unless collecting a recess order.

Secondary Student 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 iceblocks. They can be purchased direct at lunchtime.

Should orders miss the deadline, not all items are available.

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

Credit/Forgotten 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