

* Indicates items free of certain additives (see over page for list)
 GF Indicates Gluten Free Products
 V Indicates Vegetarian

CURRIES

MONDAYS ONLY

Dahl	5.00
Lamb Rogan Josh with rice	5.00
Beef Masaman with rice	5.00

SUSHI GF

WEDNESDAY ONLY

Smoked Salmon /Teriyaki Chicken/Cooked Tuna	2.50
Vegetarian /California Rolls	2.50
Soy Sauce	.10

WEDNESDAY ONLY

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

CROISSANT ORDERS ONLY

(Please indicate toasted or fresh)

Ham and Cheese croissant (75g)	3.50
Cheese and tomato croissant (75g)	3.50

BAGUETTES (White or Wholemeal)

Meatballs, tomato sauce, lettuce, grated cheese ORDERS ONLY	3.50
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Falafel, carrot, lettuce, mayo V ORDERS ONLY	3.50
Chilli chicken strip, carrot, lettuce, mayo	3.50
Chicken schnitzel strip, carrot, lettuce, mayo*	3.50
Chicken and salad*	4.50

*Salad=lettuce, cucumber, tomato, grated carrot, mayo

SANDWICHES (Wholemeal Only) - ORDERS ONLY

Add 50c for toasted sandwich or gluten free

Buttered	1.20
Vegemite	1.60
Light Cheese*	3.00
Salad: lettuce, cucumber, tomato, grated carrot, mayo	3.70
Meat: Chicken* or Ham	3.70
Light Cheese and salad*	4.20
Meat: Chicken* or Ham and salad	4.20
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	
GF bread is available. MARK clearly on lunch order.	0.50

WRAPS - ORDERS ONLY

Chicken & salad*	4.20
Chilli chicken strips, lettuce, carrot, mayo	4.20
Chicken Schnitzel strips, carrot, lettuce, mayo* Falafel, carrot, lettuce, mayo V	4.20
*Salad=lettuce, cucumber, tomato, grated carrot, mayo	4.20

EXTRAS

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

HOT FOOD ORDERS ONLY

Spaghetti Bolognese	4.50
Vegetarian Lasagne	4.50
Vegetarian spring roll*	1.00
Garlic Bread (9 inch)	2.00
Pizza: Ham & Pineapple/Cheese & Bacon	2.00
Potato wedges (about 150g)	2.00
Hot dog NO sauce	3.50
Hot dog WITH sauce	3.70
Light pie	3.70
Light potato pie	3.70
Light pizza pie	3.70
Light Sausage roll	3.70
Spinach and cheese roll	3.70
Wholemeal Meat Pasty	4.50
Wholemeal vegetarian Cornish pasty	4.50
Gluten Free Sausage Roll	4.50
Tomato sauce*	.20

BURGERS - ORDERS ONLY

Vegetarian: Vegetarian patty, carrot, tomato, cucumber, lettuce, mayo	4.20
Beef: Beef patty, lettuce, mayo, tomato sauce*	4.20
Chicken: Crumbed chicken patty, lettuce, mayo*	4.20

GF is available in the chicken with GF bread.

MARK clearly on lunch order. 4.50

SNACKS

3 Jatz biscuits*	0.30
Fruit strap*GF	0.50
Grainwaves	1.00
Chips: plain*, honey soy, veg chips GF	1.00
Fruit in season*	1.20
Light choc muffin	1.70
Gingerbread kids	1.60
Banana bread*	2.00

ICEBLOCKS 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
600ml NU Light Sparkling water	1.50
250ml Harvey Fresh (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

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 ice blocks. 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