

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

**V** Indicates Vegetarian  
**VE** Indicates Vegan

**DF** Indicates Dairy Free  
**NF** Indicates Nut Free

## ASIAN MEALS

MONDAYS ONLY

Please give an alternative on lunch order bag

Fried rice with chicken **GF NF DF** 5.50  
 Vegetarian hokkien noodles **VE NF DF** 5.50

## COLD ROLLS

2 of the same flavour and dipping sauce 5.00  
 3 of the same flavour and dipping sauce 6.00  
 BBQ Pork / Teriyaki Chicken / Thai Chicken /  
 Vegetarian

## GRILLED CIABATTA

TUESDAYS ONLY

Please give an alternative on lunch order bag

Chilli chicken strips, tomato, baby spinach, onion, cheese, sweet chilli mayo 5.50  
 Chicken schnitzel strip, tomato, baby spinach, onion, cheese, mayo 5.50  
 Chargrilled peppers, sundried tomatoes, black olives, baby spinach, cheese, mayo **V** 5.50

## SUSHI **GF NF DF**

WEDNESDAYS ONLY

Smoked Salmon/Teriyaki Chicken/Cooked Tuna/California Rolls 2.50  
 Vegetarian **V** /Pumpkin and Avocado **V** 2.50  
 Soy sauce  
 Butter Chicken with Rice **GF DF** contains almond meal 5.50  
 Malaysian Chicken with Rice **GF DF** 5.50  
 Dahl **VE GF NF** 5.50

## ½ VIETNAMESE ROLL

THURSDAYS ONLY

Please give an alternative on lunch order bag

Thai Chicken/Butter Chicken **contains almond meal** 3.00  
 Roast Pork/Tofu **VE**

Chicken "cold roll" Salad (noodle salad) 5.50  
 Beef "cold roll" Salad (noodle salad) 5.50

## BAGUETTES (White or Wholemeal)

Chilli chicken strip, carrot, lettuce, mayo 4.00  
 Chicken schnitzel strip, carrot, lettuce, mayo 4.00  
 Chicken\*, carrot, lettuce, mayo 4.00  
 Cheese, carrot, lettuce, cucumber, mayo 4.00  
 Chicken and salad **ORDERS ONLY** 4.50  
 Falafel and salad and hummus **V** **ORDERS ONLY** 4.50

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

## SANDWICHES (Wholemeal Only) **ORDERS ONLY**

Add 50c for gluten free

**GF** bread is available. **MARK** clearly on lunch order

Buttered 1.20  
 Vegemite 1.60  
 Light cheese\* **GF** 4.00  
 Salad: Lettuce, cucumber, tomato, grated carrot, mayo **GF** 4.00  
 Meat: Chicken\* **GF** or ham **GF** 4.00  
 Light cheese and salad\* **GF** 4.50  
 Meat: Chicken\* or ham and salad **GF** 4.50

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

## WRAPS **ORDERS ONLY**

Chicken\* and salad 5.00  
 Chilli chicken strips and salad 5.00  
 Chicken schnitzel strips and salad 5.00  
 Falafel, hummus and salad **V** 5.00

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

## SALADS **ORDERS ONLY**

Light Cheese and salad\* **GF** 5.50  
 Meat: Chicken\* or Ham and salad **GF** 5.50  
 Falafel, hummus & salad **V** 5.50

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

Add Chargrilled peppers or sundried tomatoes or black olives .50 each

## 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 4.00  
 Light Pie 4.00  
 Light Potato Pie 4.00  
 Light Sausage Roll 4.00  
 Spinach and Cheese Roll 4.00  
 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, lettuce, mayo **VE** 4.50  
 Beef: Beef patty, lettuce, mayo, tomato sauce\* 4.50  
 Chicken: Crumbed chicken patty, lettuce, mayo\* 4.50  
 Cheese Burger: Beef patty, cheese tomato sauce\* 4.50  
**GF** Chicken Tender burger, lettuce, mayo and **GF** roll 4.50  
**GF** Beef burger, lettuce, mayo and **GF** roll 4.50  
 Mark **GF** clearly on lunch order

## SNACKS

Apricot and coconut balls **GF** .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  
**GF** Banana bread 2.00

## ICE BLOCKS **OVER THE COUNTER ONLY**

Fruit Tubes .50  
 Moo – strawberry/chocolate\* 1.00  
 Lifesaver icy pole\* 1.00  
 Lemonade icy pole\* 1.00  
 Frosty Fruit\* 1.00  
 Twisted frozen yogurt – watermelon & mango **GF** 2.00

## DRINKS

500ml NU Water 1.50  
 600ml NU Light sparkling water 2.00  
 250ml Golden Circle (Apple, Apple Blackcurrant, Orange)\* 1.50  
 250ml Up & Go (Chocolate\*/Strawberry\*/Vanilla\*/Banana\*) 2.00  
 250ml Oak Strawberry\*/Chocolate\* 2.00  
 350ml Golden Circle (Apple/Orange/Apple Blackcurrant)\* 2.20

## EXTRAS

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

# Canteen Procedures and Rules

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

## Canteen procedure for Qkr app ordering

- Download the free Qkr app
- Set up student profile/s
- Cut off for ordering is **9:00am** on the day
- Pre order up to 2 weeks in advance
- Pre orders can be **cancelled using the app before cut off on the day, 9:00am**
- Junior school lunch orders will be sent to class in the class lunch box
- Middle and senior school lunch orders can be collected from the canteen at lunch time
- Late lunch orders can be placed at the canteen using cash or EFTPOS (\$5.00 minimum) before 10:00am
- Use the support contact details on the app if you are experiencing problems

## Canteen procedure for cash ordering

### Junior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash in the bag and fold it over at the top a few times to stop the money from falling out
- Place the lunch order bag in the green bag in the class lunch order box
- Class lunch box is sent to the canteen
- Class lunch box will be collected at 12:00
- Late lunch orders can be placed at the canteen using cash before 10:00am

### Middle and Senior school

- Clearly write out a lunch order bag, must have students name and teacher's name
- Place cash in the bag and fold it over at the top a few times to stop the money from falling out
- Place in the blue lunch order box outside the front office before **9:30am**
- Lunch orders can be collected for the canteen at lunch time 12:50am
- Late lunch orders can be placed at the canteen using cash before 10:00am

## Canteen procedure for EFTPOS ordering

### Middle and Senior school

- Place order at the canteen before school from **8:30am to the start of school 8:40am**
- Clearly write out a lunch order bag, must have students name and teacher's name
- Pay using EFTPOS, there is a **\$5.00 minimum**

### Teachers

- Please order lunches before **9.30am** and place in the blue Canteen box outside Reception or place order at the canteen before school from **8:30am to the start of school 8:40am using EFTPOS (\$5.00 minimum)**

## 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, burger

## 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