

* 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

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

COLD ROLLS

2 of the same flavour and dipping **sauce Not GF**
 3 of the same flavour and dipping **sauce Not GF**
 BBQ Pork **NF DF**
 Teriyaki Chicken / **VE** Tofu **GF NF DF**

NEW 1000ml RICE NOODLE OR RICE SALAD BOWL ASIAN & VINAIGRETTE DRESSING

GF NF DF Thai Chicken / Roast Pork / **VE** Tofu
NF DF Lemongrass Beef

NEW QUICHE & SMALL SIDE SALAD TUESDAYS & FRIDAYS ONLY

Please give an alternative on lunch order bag

120g Quiche Classic Bacon Crustless 6.00
 110g Quiche Pumpkin Chive 6.00
 110g Quiche Spinach Ricotta 6.00
 GF 140g Quiche Lorraine **Please only order if you need to eat GF** 6.50

SUSHI GF NF DF

Smoked Salmon/Teriyaki Chicken/Cooked Tuna/California Rolls 2.50
 Vegetarian **VE** /Pumpkin and Avocado **VE** 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

Please give an alternative on lunch order bag

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

NEW 1000ml RICE NOODLE OR RICE SALAD BOWL ASIAN & VINAIGRETTE DRESSING

GF NF DF Thai Chicken / Roast Pork / **VE** Tofu 6.00
NF DF Lemongrass Beef 6.00

BAGUETTES

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 **VE ORDERS ONLY** 4.50

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

SANDWICHES

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 OR CIABATTA 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

700ml SALADS ORDERS ONLY

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

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

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

MONDAYS ONLY

Please give an alternative on lunch order bag

Please select one flavour

Please select one flavour & Rice or Rice Noodles

WEDNESDAYS ONLY
THURSDAYS ONLY

Please select one flavour & Rice or Rice Noodles

Please select White or Wholemeal

(Wholemeal Only) **ORDERS ONLY**

Please select Wrap or Ciabatta

HOT FOOD

Garlic Bread (9 inch) 2.00
 100g Pizza: Ham & Pineapple 2.50
 100g Ham & Cheese 2.50
 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
GF Beef Pie **ORDERS ONLY** Tomato Sauce* 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
 Mark **GF** clearly on lunch order
GF Chicken Tender burger, lettuce, mayo and **GF** roll 4.50
GF Vegetarian: Vegetarian patty, carrot, lettuce, mayo **GF** roll **VE** 4.50
GF Beef burger, lettuce, mayo and **GF** roll 4.50

SNACKS

Apricot and coconut balls **GF** .50
 Grainwaves 1.00
 Chips: plain*, honey, soy 1.00
 BBQ veg chips **GF** 1.00
 Fruit in season* 1.20
 Gingerbread person 1.50
 Light choc muffin 1.70
 Banana bread* 2.00
 Yogurt Shop 190g Berry Bliss / Vanilla Bean **GF** 4.00
 Yogurt Shop 170g Yogurt and Acient Supperfoods 4.50

ICE BLOCKS

Fruit Tubes .50
 Moo – strawberry/chocolate/ banana 1.00
 Lifesaver icy pole* 1.00
 Lemonade icy pole* 1.00
 Frosty Fruit* 1.00
 Twisted frozen yogurt – watermelon & mango **GF** 2.00
 Crazy Krush Slushy - Small 1.50

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
 Paper Plate .10
 Mayo* .20
 Tomato sauce* .20
 Sweet chilli sauce .20
 French Salad Dressing .20
 Light cheese slice* .50
 Salad item* (lettuce or cucumber or tomato or grated carrot) .50

Canteen Procedures and Rules

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.
- Junior Students, Icy treats (ice blocks, Krazy Krush Slushy - Small) can be ordered or purchased before cut off 12:30pm
- 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 / ciabattas, burgers

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 the canteen with an Emergency lunch pink slip by 9.30am, where arrangements will be made to supply an emergency lunch (a piece of fruit for recess and baguette or sandwich for lunch). Payment will be required the following day cash or EFT at the canteen.

If a student is missing a Qkr lunch order the student will be sent to the canteen with an Emergency lunch pink slip as soon as possible an emergency lunch (a piece of fruit for recess and baguette or sandwich for lunch) will be supplied. The missing Qkr order will be investigated after both lunch times, the Qkr contact will be contacted and payment will be required the following day cash or EFT at the canteen or on Qkr.

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 cash or EFT at the canteen

If a student is missing a Qkr lunch order the student will be sent to the canteen with an Emergency lunch pink slip as soon as possible an emergency lunch (a piece of fruit for recess and baguette or sandwich for lunch) will be supplied. The missing Qkr order will be investigated after both lunch times, the Qkr contact will be contacted and payment will be required the following day cash or EFT at the canteen or on Qkr.

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	<p>Sorbates: 200, 201, 202, 203</p> <p>Benzoates: 210, 211, 212, 213</p> <p>Sulphites: 220, 221, 222, 223, 224, 225, 226, 227, 228</p> <p>Nitrates, nitrites: 249, 250, 251, 252,</p> <p>Propionates: 280, 281, 282, 283</p>
SYNTHETIC ANTIOXIDANTS	<p>Gallates: 310, 311, 312</p> <p>TBHQ, BHA, BHT: 319, 320, 321</p>
FLAVOUR ENHANCERS	<p>Glutamates incl MSG: 620, 621, 622, 623, 624, 625</p> <p>Ribonucleotides: 627, 631, 635</p> <p>Hydrolysed Vegetable Protein (TVP)</p>
ARTIFICIAL FLAVOURS	No numbers since they are trade secrets