

Canteen Menu

Term 1 2021

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

Cold Rolls (Rice Paper Rolls) ONLY	MONDAYS		HOT FOOD	
2 of the same flavour and dipping sauce		4.50	Garlic Bread (9 inch)	2.00
3 of the same flavour and dipping sauce		5.50	Pizza: Ham & Pineapple/Cheese & Bacon ORDERS ONLY	2.50
BBQ Pork / Teriyaki Chicken / Thai Chicken / Vegetarian			Potato wedges (about 150g)	2.00
GRILLED CIABATTA ONLY	TUESDAYS		Hot dog NO sauce ORDERS ONLY	3.50
Please give an alternative on lunch order bag			Hot dog WITH sauce	3.70
ORDERS ONLY			Light pie	3.70
Chilli Chicken Strips, Tomato, Baby Spinach, Onion, Cheese, Sweet Chilli Mayo		5.00	Light potato pie	3.70
Chicken Schnitzel Strip, Tomato, Baby Spinach, Onion, Cheese, Mayo		5.00	Light pizza pie	3.70
Chargrilled Peppers, Sundried Tomatoes, Black Olives, Baby Spinach, Cheese, mayo VE		5.00	Light Sausage roll	3.70
	WEDNESDAYS		Spinach and cheese roll	3.70
SUSHI ONLY			VEGAN Summer Roasted Vegetable Pasty VE ORDERS ONLY	4.50
Smoked Salmon GF / Teriyaki Chicken / Cooked Tuna GF /		2.50	GF Sausage Roll ORDERS ONLY MARK GF clearly on lunch order	4.50
California Rolls Vegetarian V GF / Pumpkin and Avocado V GF		2.50	Tomato sauce*	.20
Soy Sauce			Sweet chilli sauce	.20
	WEDNESDAYS ONLY		BURGERS - ORDERS ONLY	
Butter Chicken with Rice GF contains almond meal		5.00	New VEGAN -Vegan patty, carrot, tomato, cucumber, lettuce, mayo	4.50
Malaysian Chicken with Rice GF LF		5.00	Beef: Beef patty, lettuce e, mayo, tomato sauce*	4.20
Dahl VE		5.00	Chicken: Crumbed chicken patty, lettuce, mayo*	4.20
	WEDNESDAYS ONLY		GF Chicken Tender Burger , lettuce, mayo and GF roll	4.50
Chicken "cold roll" Salad			GF Beef Burger , lettuce, mayo and GF roll	4.50
Beef "cold roll" Salad		5.00	MARK GF clearly on lunch order	
½ VIETNAMESE ROLL	THURSDAYS ONLY	5.00	SNACKS	
Please give an alternative on lunch order bag			New 4 Apricot and coconut balls GF	0.50
Thai chicken / Butter Chicken contains almond meal		2.50	Grainwaves	1.00
Roast Pork / Tofu VE		2.50	Chips: plain*, honey soy, BBQ veg chips GF	1.00
BAGUETTES (White or Wholemeal)			Fruit in season*	1.00
New Slaw, Cucumber, Chargrilled Peppers, apple, hummus VE		3.50	Light choc muffin	1.70
Falafel, hummus, carrot, lettuce V		3.50	Banana bread*	2.00
Chilli chicken strip, carrot, lettuce, mayo		3.50	ICEBLOCKS OVER THE COUNTER ONLY	
Chicken schnitzel strip, carrot, lettuce, mayo		3.50	Fruit tubes	0.50
Chicken *, carrot, lettuce, mayo		3.50	Moo - Strawberry/Chocolate*	1.00
Meatballs, tomato sauce, lettuce, cheese ORDERS ONLY		3.50	Lifesaver Icy Pole*	1.00
Chicken and salad ORDERS ONLY		3.50	Lemonade Icy Pole*	1.00
Salad = lettuce, cucumber, tomato, grated carrot, mayo			Frosty Fruit*	1.00
SANDWICHES (Wholemeal Only) - ORDERS ONLY			Krazy Krush Slushy small	1.50
Add 50c gluten free			Large (middle and senior school only)	2.00
GF bread is available. MARK clearly on lunch order.			Twisted Frozen yoghurt – Watermelon & Mango GF	2.00
Buttered		1.20	Frozen yoghurt – strawberry	2.00
Vegemite		1.60	DRINKS	
Light Cheese* GF		3.70	500ml NU Water	1.50
Salad: lettuce, cucumber, tomato, grated carrot, mayo GF		3.70	600ml NU Light Sparkling water	1.50
New Slaw, Cucumber, Chargrilled Peppers, apple, hummus VE		3.70	250ml Golden Circle (Apple, Apple Blackcurrant, Orange*)	2.00
Meat: Chicken* GF or Ham GF		3.70	250ml Up & Go (Chocolate*/Strawberry*/Vanilla*)	2.00
Light Cheese and salad* GF		4.20	250ml Oak Strawberry*/Chocolate*	2.20
Meat: Chicken* or Ham and salad GF		4.20	450ml Golden Circle (Apple/Orange/ Apple Blackcurrant) *	
Salad = lettuce, cucumber, tomato, grated carrot, mayo GF			EXTRAS	
WRAPS - ORDERS ONLY			Spoon/Fork	.10
Chicken * and salad		4.20	Vegan mayo	.20
Chilli chicken strips and salad		4.20	Tomato Sauce*	.20
Chicken Schnitzel strips and salad		4.20	Sweet Chilli Sauce	.20
New Slaw, Cucumber, Chargrilled Peppers, apple, hummus VE		4.20	Light cheese slice*	.50
Falafel, hummus and salad V		4.20	Salad item* (lettuce or cucumber or tomato or grated carrot)	.50
Salad=lettuce, cucumber, tomato, grated carrot, mayo		4.20	Chargrilled Peppers	.50
SALADS - ORDERS ONLY			Sundried Tomatoes	.50
Light Cheese and salad* GF		4.50	Black Olives	.50
Meat: Chicken* or Ham and salad GF		4.50	Extra salad items can be added to salads, wraps, sandwiches and baguettes	
Falafel, hummus & salad V		4.50		
Salad=lettuce, cucumber, tomato, grated carrot, mayo		4.50		

Canteen Procedures and Rules – 2021

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.

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