

### Healthy School Canteen Strategy Coding

All items are 3.5+ star rating

- E Everyday ¾ menu  
O Occasional ¼ menu

#### MORNING TEA / SNACKS

Banana Bread (E)	\$2.00
Cheese & Rice Crackers (E)	\$0.80
Crumble (E) Apple / Berry, Oats & Yoghurt	\$1.50
Custard Cup (E) (vanilla)	\$0.80
Fruit Cup	\$0.80
Grissini bread sticks (E) Pizza or Olive Oil	\$0.20
Jelly (E) made with 100% fruit Juice	\$1.00
Muffins Homemade assorted fruit	\$1.00
Pikelets (E)	\$0.30
Popcorn (O)	\$1.20
Red Rock Deli Chips (E)	\$1.30
Rice cup (E)	\$1.00

#### DRINKS

Chill J (E) Sparkling 100% Juice	\$2.20
Raspberry, Blackcurrant, Orange/Passion, Lemonade & Watermelon	
Emma & Toms Green Smoothie	\$2.80
Juice (E) (100% Apple)	\$2.20
Milk (E) Choc or strawberry	\$2.40
Plain	\$1.70
Water (E) Plain	\$1.40

#### FROZEN

Frozen Yoghurt Twisted (O)	\$2.00
Watermelon & Strawb	
Ice Mony Freeze Pops (E)	\$1.00
Chocolate, TNT Sour Red or Blue	
Juicie Tube (E) Wildberry & Lemonade	\$1.00
Quelch Fruit Sticks (E)	\$0.50

Available at lunch service only

## CANTEEN MENU 2019



#### LUNCH HOT

Butter chicken & rice (E)	small \$3.70	large \$5.70
Garlic rolls (E) (full roll)	\$1.50	
Garlic Cheesy Roll (E) (full roll)	\$2.00	
Hamburger (E)	<u>MONDAYS ONLY</u> \$4.60	With cheese \$5.10
Meat Pie (O)	<u>FRIDAYS ONLY</u>	small \$1.90
		large \$3.40
		tomato sauce \$0.20
Nachos (O) <u>MONDAYS ONLY</u>	small \$3.50	large \$4.50
Pasta with Napolitana sauce (E)	small \$3.50	large \$4.50
Pizza (E)	\$1.90	
Rice & honey soy sauce (E)	small \$2.90	Large \$3.40
Sausage Roll Lite (O) <u>MONDAYS ONLY</u>	\$3.40	

#### LUNCH COLD

Edamame Box	\$3.50
Fruit Salad (E)	small \$3.50
	large \$4.00
	with Yoghurt add \$1.00
Rice Paper Roll (E) Chicken <u>FRIDAYS ONLY</u>	\$3.50
Salad Box (E)	small \$3.50
	large \$4.00
	with chicken, ham or egg \$4.50
Sushi (E) <u>FRIDAYS ONLY</u>	\$3.50
	Baby Boxes: Avocado, Salmon or Tuna
	Rolls: Avocado, Chicken Katsu, Cucumber, Salmon, Teriyaki Beef or Chicken, Tuna.

#### SANDWICHES & ROLLS

Cheese (E)	\$3.10
Chicken (E)	\$3.50
Chicken & Salad (E)	\$4.50
Chicken Wrap (E)	\$4.50
	lettuce, with choice of mayo & sweet chilli sauce
Egg (E)	\$3.10
Ham (O)	\$3.10
Ham and Cheese (O)	\$3.60
Ham Cheese and Tomato (O)	\$4.10
Salad (E)	\$3.50
	(Carrot cucumber lettuce tomato beetroot)
Vegemite (E)	\$2.80
	with Cheese \$3.30
Wrap bread & extra fillings	add \$0.50

#### ONLINE LUNCH ORDERS ONLY

Prior to 8.30am each day, via the QKR app on your device  
or <https://qkr.mastercard.com/store> on your PC  
Canteen Day's Monday & Friday

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